

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

**Success is a series of small wins - John C. Maxwell**

### Dry Scooping: A Dangerous Social Media Trend

#### What is Dry Scooping?

“Dry Scooping” is eating pre-workout powder without mixing it with water. This bizarre trend has made several people sick and landed many in the hospital, some with life-threatening consequences.



#### Why is it dangerous?

With Dry Scooping, not only can these scoops of powder result in choking and accidental inhalation and lung inflammation, but also absorption of concentrated ingredients that can cause a sudden surge of effect on the heart resulting in palpitation, chest pain, heart attack, and stroke. The powders are created to be diluted in water and when it is consumed more quickly, the body cannot process the amount of caffeine fast enough. Also, because these powders are not regulated by any government agency, you can't be certain what is contained in a powder or the amount of the ingredients, which may vary from brand to brand. [Read more.](#) [View on YouTube.](#)

### Parents of Middle Schoolers: We NEED Your Feedback!

Our [Don't Get Benched](#) campaign featuring Howard County teens has been raising awareness of prescription medication misuse for several months. Now we need your feedback on how we did and what we can do in the future to better support parents and families in educating their children about prescription medication safety and misuse prevention.

If you are the **parent or guardian of a middle school aged child**, please [click here](#) to answer a few questions (should take 1-2 minutes) to help us continue to provide free resources and programs that are beneficial to families. Thank you!



## TAC Invites Howard County Middle and High School Students to Attend FREE Online Event

### Gordie's Death was Preventable



TEENS!

Join HC DrugFree for this FREE Teen Advisory Council (TAC) Event!

Monday November 15th 5:30-7pm

TAC is open to all Howard County high school students. Parents and middle school students are also invited to this event!

Register at <https://www.surveymonkey.com/r/TAC-11-15-21> to receive the Zoom link.

**HCDrugFree**  
Empowering the Community

In partnership with the Gordie Center at the University of Virginia

### Gordie's Death Was Preventable

Join our Teen Advisory Council on Mon., Nov. 15 from 5:30-7:00 p.m.

[Click here](#) to register to receive the Zoom link for November's FREE event/meeting for Howard County students and [click here](#) to download and print the flyer. Howard County middle school students are also invited to this event (due to the topic, we recommend a parent view along with middle school students).

TAC is open to all Howard County High School Students! To access the registration form to join TAC, please [click here](#). Community service hours available to registered students.

## Next Drive-Thru Medication/Sharps Collection

HC DrugFree's next drive-thru medication and sharps collection will be back in 6 months on the DEA's next national Drug Take Back Day. Sponsor our event. Volunteer. Bring your items for disposal. Help us advertise. **We need everyone!**

*... until then, remember to **Mind Your Meds!***

## Medication Misuse

### True Story: Abbey Zorzi

Abbey always pictured drug addicts as "someone under a bridge with a needle in his arm" but never pictured herself. She came from a loving family, got good

grades, and loved playing sports. Drinking alcohol at parties and a prescription for Vicodin after having her wisdom teeth removed, lead this high school basketball player in the wrong direction. Read [Abbey's story](#).

## Opioid-Naïve Patients Continue Opioids Months After Surgery

New [research](#) suggests more than one in five "opioid-naïve" patients continue to use the pain medication three months after having a procedure, underscoring the often-overlooked role surgery plays in the opioid epidemic. For many patients, surgery is the first time they have used opioids, which are often prescribed for the management of post-surgical pain. While opioids are effective, they are highly addictive and patients may not realize that they are misusing them, which can lead to an accidental overdose.

## Don't Get Benched for Life

HC DrugFree and our partners at the Howard County Health Department, the MD Department of Health, and SAMHSA urge you to be sure the youth in your life know the many dangers of sharing medication. For more information, visit [Don't Get Benched for Life...Not your meds? Don't take them!](#) This ad campaign features Howard County high school students. Free posters available.



## In the News

### Dancing with the "Stars or Bars"?

To the fans who watch her on their TV screens, Cheryl Burke leads the picture-perfect life, dancing her way across countless stages and starring on national broadcasts. However, there is more to the "Dancing with the Stars" competitor than may meets the eye: Beneath the impressive veneer is someone who is unafraid to open up about her struggles with alcohol, mental health, and abuse.

As a competitor, Cheryl was taught that showing emotions is a sign of weakness, and turned to alcohol as a way to soothe anxiety and uncertainty. Listen to the [Heart of the Matter podcast](#) as Elizabeth Vargas and Cheryl talk about the ways drinking fosters emotional disconnection, growing up with

addiction in the family, the events that led Cheryl to put down alcohol for good, and how she has come to find strength in vulnerability.

## SAMHSA Releases 2020 National Survey on Drug Use and Health

The Substance Abuse and Mental Health Services Administration (SAMHSA) data suggest that the COVID-19 pandemic had a negative impact on the nation's well-being. Americans responding to the survey reported that the coronavirus outbreak adversely impacted their mental health, including by exacerbating use of alcohol or drugs among people who had used drugs in the past year. [Click here](#) for more information.

## Pediatric Medical Groups Declare Children's Mental Health a National Emergency

The American Academy of Pediatrics, the American Academy of Child and Adolescent Psychiatry, and the Children's Hospital Association have declared a National State of Emergency in Children's Mental Health as the pandemic continues to negatively impact the social and emotional well-being of children and adolescents.

Nationally, between March and October 2020, the number of 5-11 year olds and 12-17 year olds seen in emergency departments for mental health emergencies increased by 24% and 31% respectively. Visits for suspected suicide attempts among girls 12-17 years old increased by 51% in early 2021 compared to the same time frame in 2019.

The declaration advocates for increased funding for programs and resources for mental health services for children and families. Read the [full declaration here](#).

### Like Our Work? Please Donate Today!

#### We need YOUR financial support

to continue offering FREE services to youth and families.

### Resources



#### Maryland Suicide Prevention Program

The Maryland Suicide Prevention Program works collaboratively with numerous other groups to increase awareness of suicide and to help identify those who may be at-risk or who require intervention, and provide support. To learn more visit this [website](#).

If someone is in crisis, contact the MD Crisis Hotline by calling 211-Press 1 or texting 898-211.

## Free Poison Safety Packet

Request a free Poison Safety Packet from the Maryland Poison Center that includes Mr. Yuk stickers, poison safety information, telephone stickers, and a magnet. Complete [this form](#) and packets will be sent to your home.



For more information, contact

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