

HC DrugFree

Empowering the Community

Thank You, Howard County...
for standing with us throughout the year.



Please enjoy this [Commemorative Video](#)
of our October 23rd medication and sharps collection.



Again, with grateful hearts, we thank the Howard County community, our partners and our dedicated and caring volunteer team for making our October 23rd medication and sharps collection a success.

Thank you to everyone forwarding pictures and especially to Ian Chase for contributing pictures and creating our event video. If you have more pictures to share with us, please email them to Admin@hcdrugfree.org.

Reminder, on October 23, HC DrugFree's drive-thru site collected 1,106 lbs. of medication (34 condensed bins). In addition, 19 condensed bins of sharps were collected.

These collections would not be possible without our partners, the Howard

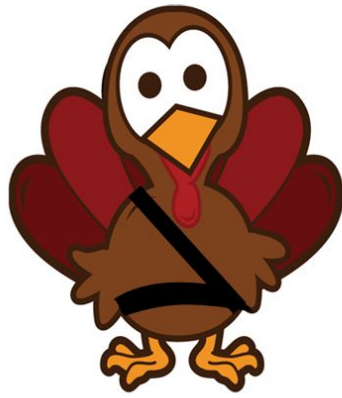
County Police (HCPD) and the Drug Enforcement Administration (DEA), guarding and transporting the medications and keeping us safe. We are grateful for all of you and the work you do throughout the year.

This holiday season, if you drink, please don't drive.

Be the designated driver.
Call for a ride.
Spend the night.
Limit alcohol at gatherings.
Offer alcohol-free beverages.
Help keep all of us and our loved ones safe.



Ad created by HC DrugFree's Teen Advisory Council



#DYK: Most crashes occur within 25 miles from your home, even in good weather. Don't be a turkey. Buckle up on every trip. Every seat. Every time.



www.towardszerodeathsmd.com



Thank You, Parents of Middle School Students!

Thank you to all of the parents of middle school students who have already completed the 1-minute survey about our [Don't Get Benched](#) campaign. Remember, this is based on feedback from middle school students about trusting their coaches and **featuring Howard County students**. There's still time for more middle school parents to provide 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.

Parents or guardians of middle school aged students, please [click here](#) to answer a few questions (should take only a minute!) to help us continue to provide free resources and programs that are beneficial to families. Thank you!

Thank You for Your Financial Support



[YOUR financial support](#) allows us to offer FREE services.



Talk to Your Kids about Medication Misuse

SAMHSA Advisory for Rx Stimulant Misuse

SAMHSA recently published an advisory regarding prescription stimulant medication misuse among youth and young adults. Over 4% of youth (12-17) and 11% of young adults (18-25) report having misused prescription drugs in the past year, and the rates of prescription stimulant misuse are much higher in these age groups than other prescription drugs. Many young adults falsely believe that prescription stimulant medications will help them perform better academically, while putting themselves at risk for seizures, heart issues, and dangerously high increases in body temperature.

The [advisory](#) provides useful information about stimulant medications, including health effects of using stimulant medications, prevention strategies, tips for practitioners, parents and educators, and resources. Parents may also want to check out [Tips for Teens: Prescription Stimulants](#) for teen-friendly information about prescription stimulants and misuse.



Visit our [Don't Get Benched for Life...Not your meds? Don't take them!](#) campaign on our website.

If you work with Howard County youth...sport teams, school groups, scouts, religious groups, friends, community groups, and more! [Download and print any of the 8 campaign ads](#) or contact our office about picking up free posters.

This ad campaign features Howard County high school students.

Additional Resources

Get Friends Connected to HC DrugFree

Friends keep friends informed! This newsletter and social media remain the best ways for us to share vital information with you! Please Like & Share our content on social media or forward this newsletter to a friend to help us with our mission of keeping Howard County safe and informed.

Invite a friend to [subscribe to our newsletter](#). You can also view previous newsletters in the [Newsletter Archive](#) on our website.



How Can We Help?

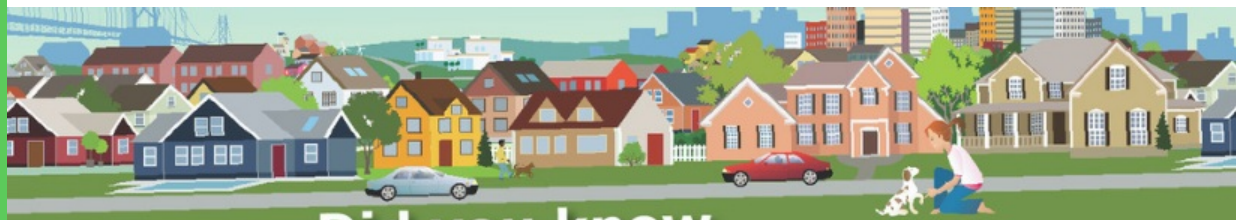
Mental Health Crisis? Thoughts of Suicide? Problems with Drugs or Alcohol? Get Confidential Support from Maryland's HELPLINE whenever you need it 24/7/365

CALL 211, then press 1.

TEXT your zip code to TXT-211 (898-211)

VISIT 211md.org to chat or find additional resources for housing/shelter, utility assistance, food, domestic violence, legal

services, and more.



Did you know...

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is a crisis in our communities?

For more information, contact

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Donate

