



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

**Don't be a victim of negative self-talk.
Remember, you are listening.**

Bob Proctor

DEA Seized Enough Fentanyl in 2021 to Kill Every American

“American Crisis: Fentanyl and Fake Pills”

February 22, 1:00 p.m. to 2:30 p.m.

Streaming live at DEAMuseum.org or on YouTube

Fentanyl and fake pills are driving a drug crisis unlike any experienced before. Astounding fact: The Drug Enforcement Administration (DEA) seized enough fentanyl in 2021 to kill every American. In this panel discussion, the DEA Museum presents to the public a conversation about fentanyl and fake pills in the American mainstream.

Learn where the crisis came from, what the science of fentanyl and fake pills is, what is being done to mitigate the crisis, and more. As part of the program, the DEA Museum team will also present a short “behind the scenes” video on the history of pills in American medicine featuring never before seen artifacts! A short Q&A will follow the speaking portion of the program. Contact DEA Museum at DEAMuseum@dea.gov or call (202) 307-3463.

See Something, Say Something

**Think you see illegal
drug activity in your
neighborhood?**

Let us know.

Report it anonymously:
HCPDcrimetips@howardcountymd.gov or

410-290-DRUG



Calvin Ball
County Executive



Howard County
Police Department

The Super Bowl of Sports Betting

Sports betting is big business and the Super Bowl is the biggest sporting event of the year. If you plan to bet, please stay within your limit.

Ready for the BIG GAME? Play It Safe!

If you bet ~ Set a \$ Limit and Play Within It

Maryland Problem Gambling Helpline: **1-800-GAMBLER**

www.helpmygamblingproblem.org



[Click here](#) to read how much money is bet on the Super Bowl each year.

A Lot Happening in February

Black History Month

[Mental Health America - Black History Month](#)

Learn about Black mental health history, how racism impacts mental health, and mental health resources for Black and African Americans.

American Heart Month

[Heart Healthy Living](#)

Living a heart healthy lifestyle can reduce your risk of developing heart disease. Learn about positive changes you can make, including quitting smoking, managing stress, exercising and eating more heart healthy foods.

National Condom Month

[STIs, Alcohol and Other Drugs-journeyworks.com](#)

This STI-prevention pamphlet helps young people understand how drinking alcohol or using other drugs may increase their risk of sexually transmitted infections. It provides information on the link between alcohol and drug use and unsafe behavior, which can lead to STIs. It encourages young people to stay in control and to stay safe.

Teen Dating Violence Awareness Month

Know the signs of [Teen Dating Violence](#) and how to find available [resources](#) for those who may be victims of dating violence.

Great American Spit Out

[The Health Consequences of Spit Tobacco - journeyworks.com](#)

It's a common misbelief that spit tobacco (aka dip, snuff, chew, or snus) is a safe tobacco alternative to smoking, when in reality it can cause as much damage to the mouth as much as smoking can do to the lungs. This pamphlet also includes tips and encouragement for quitting.

National Cancer Prevention Month

[Seven Steps to Prevent Cancer](#)

These 7 steps can help reduce your risk of developing cancer.

[National Cancer Prevention Month in February \(journeyworks.com\)](#)

This collection of pamphlets includes resources on cancer prevention and the relationship between tobacco use and cancer.

Older Black Men and the Opioid Epidemic

Black men 55 years of age and older are losing their lives to the opioid epidemic at an alarming rate. The increase in opioid overdose deaths among older Black men is the latest evidence of the U.S. drug epidemic's changing demographics. [Click here](#) to read more.

Death of Miss USA 2019

Cheslie Kryst, former Miss USA 2019, an attorney, and a correspondent for the entertainment news program "Extra" died at age 30 after jumping from the 29th floor of a Manhattan apartment building.



Her death was ruled a suicide and those closest to her stated that she suffered from high-functioning depression. This tragedy is another opportunity for all of us to realize that even with beauty, successful careers, fame, and wealth, people around us may be struggling.

Cheslie is described as a great light that inspired so many around the world with her striking beauty and strength. She advocated for Black Lives Matter and sought to help reform America's justice system. As a fashion blogger, her beauty and eye for style was impeccable.

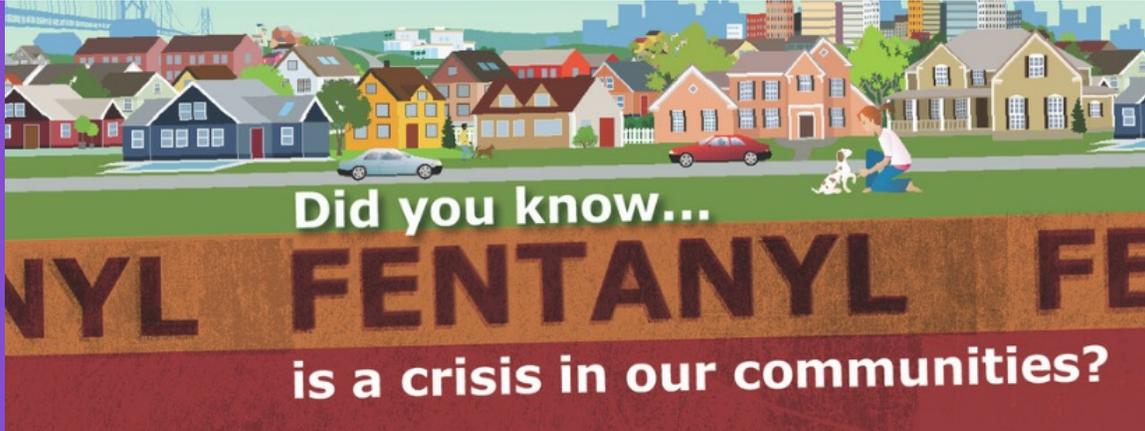
If you or a loved one is feeling distressed, call the National Suicide Prevention Lifeline. The crisis center provides free and confidential emotional support 24 hours a day, 7 days a week to civilians and veterans. Call the National Suicide Prevention Lifeline at **1-800-273-8255**. Or text HOME to 741-741 (Crisis Text Line).

[Click here](#) for the warning signs and risk factors of suicide.

Two Powerful Drugs Add to U.S. Overdose Crisis

According to ABC 7 News, para-fluorofentanyl and metonitazene are being seen more often by medical examiners looking into overdose deaths, according to a recently published government report. They often are taken with — or mixed with — illicit fentanyl, the drug mainly responsible for the **more than 100,000 U.S. overdose deaths** in the last year. [Click here](#) to read more.

Fentanyl is killing people in Howard County.



P2P Meth: Newest Product of Meth Epidemic

The Hazelden Betty Ford Foundation released an article in December 2021 about the dangers of P2P methamphetamine (meth) and how it's different from other forms of methamphetamine. [Click here](#) to read more.

Blog: Moms Deserve Better Than This

"We deserve a few hours where we don't feel crushed under the weight of the mental load, don't we?"

Anonymous HC DrugFree Blog: Recently, on Facebook, a friend posted that she was approaching 100 days without alcohol and feeling thankful to have stopped drinking and started living.

I was surprised at her post because I've known her for more than 15 years, she's always been extremely responsible in every area of her personal and professional life, and even with many Facebook posts, I've never had a reason to think she drank too much, too often, or to the point it had a negative impact on her life.

As you can imagine, a trail of comments followed her revelation. Some people congratulated her with "Awesome!!" and others apologized for being the friends who always pushed her to drink when they were together. My friend also shared a link to an article for other mothers to read about why wine is an easy solution to a problem that no one plans on fixing. [Click here](#) to read more.

Predicting 8,000 Additional Alcohol-Related Deaths

Since the COVID-19 pandemic started in the spring of 2020, drinking among American adults has increased and this may lead to 8,000 additional alcohol-related deaths by 2040. [Click here](#) to read more.

Native American Tribes Reach Opioid Settlement

The drug manufacturer Johnson & Johnson and the opioid distributors AmerisourceBergen, McKesson and Cardinal Health will pay Native American tribes \$590 million under the terms of a proposed settlement. The number of deaths from opioid overdoses has been rising across the country, but the problem has been growing **disproportionately** among Native Americans and Alaska Natives in recent years. [Read more.](#)

Register for Parenting Classes



Spring Series 2 Classes will be held **Wednesdays, March 30, April 6, 27, and May 4, 11** from 10:30 a.m. to noon. Register at:

<https://www.surveymonkey.com/r/ParentingClassReg>

For more information: Email Parenting@HCDrugFree.org or visit our [website](#)

Funding provided by the Howard County Health Department, MD Department of Health, and SAMHSA.

Life Skills Classes: Register Now!

Free Life Skills Class for HoCo Students



Life Skills Classes Spring Series 2 will be held **May 10, 12, 17, 19, 24, 26, 31 and June 2** from 4:30 p.m. to 6:00 p.m. via Zoom. If you would like to register your child, please complete [this form](#).

For more information: Email LifeSkills@hcdrugfree.org or visit our [website](#)
Funding provided by the Howard County Health Department, MD Department of Health, and SAMHSA.

Medication and Sharps Collections

Our next drive-thru medication and sharps collection is scheduled for Saturday, April 30 from 10 a.m. to 2 p.m. in the Wilde Lake Village Center parking lot near The UPS Store, Swim Center and tennis courts. Medications will be guarded and transported by the Howard County Police and Drug Enforcement Administration (DEA). Save the date and gather your items. More details will be shared.

Teens Welcome! TAC Meetings February 21 and March 21

HC DrugFree's **Teen Advisory Council** is open to all Howard County High School Students. Public School, Private School, and Homeschool students are encouraged to join! To access the 2021-22 school year registration form please [click here](#). Community service hours available to students, but only if a current TAC registration form is on file with HC DrugFree. Email your registration as well as a photo to admin@hcdrugfree.org or mail a hard copy our office.

Our next TAC meetings will be on Monday, **February 21** and Monday, March 21 from 5:30 p.m. to 7:00 p.m. [Register here](#) to receive Zoom link for the February meeting.

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.

We Need Your Donations



We need YOUR financial support to continue offering FREE services.

[Donate](#)



Additional Resources

Mental Health Crisis? Thoughts of Suicide? Problems with Drugs or Alcohol?

Get Confidential Support from Maryland's HELPLINE whenever you need it. CALL 211, then press 1. TEXT your zip code to TXT-211 (898-211). VISIT [211md.org](https://www.211md.org) to chat or find additional resources for housing/shelter, utility assistance, food, domestic violence, legal services, and more.



Emotional Support Human

When someone you care about is hurting, it's natural to want to help them. But, that person might not always tell you something is wrong—and you might be unsure about how to reach out. Sponsored by the Horizon Foundation. [Learn how to be an Emotional Support Human here.](#)

Gambling with Your Future

Call, text or chat 1-800-GAMBLER for free confidential, compassionate help with gambling problems.

Quit Smoking

Call 1-800-QuitNow (1-800-784-8669) for 24/7 for free and confidential assistance or visit www.smokingstopshere.com.

Reverse Opioid Overdose

[Click here](#) to contact the Howard County Health Department to receive free training and Narcan kit.

For more information, contact

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[Donate](#)

