

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



Celebrating HC DrugFree's Drug and Alcohol Awareness Month



If you can't be a pencil to write someone's happiness,
then try to be the eraser to remove their sadness.

author unknown

Maryland Student Hospitalized

Three high school students in Charles County were found with foods laced with "dangerous" substances. One student was taken to the hospital after eating tetrahydrocannabinol (THC) laced gummies, and the other students had cake that was found to be laced with an illegal substance.

HC DrugFree and the Charles County Police urge parents to talk with your children about the dangers of ingesting drugs or unknown substances; accidental poisoning is a serious risk, especially when you don't know what or how much of a substance the food contains. [Read more.](#)

CHS Pre-Prom Educational Events



Thank you to the Centennial High School (CHS) administration for partnering with HC DrugFree to present pre-prom programs to Juniors and Seniors. The two programs were held on Friday, April 22 and addressed some of the many dangers of substance use.

A special thank you to Mr. Shannon Garrett for presenting and overseeing this unique and memorable educational event complete with fog, masks, wigs, costumes, and much student interaction. There were appearances by Shame, Guilt, and the adorable but manipulative Addiction trying to entice everyone to follow him. Students were encouraged to support each other, to seek help if needed, and were warned not to fall into the trap set by Addiction.

Thank you to Mr. Jacob Traver, the drama teacher at CHS, for the many hours you committed to working with Mr. Garrett and to the extremely talented CHS drama students for sharing their acting skills. We thank all of the CHS student volunteers. Finally, the event would not have been the same without the bright/flashing lights and haunting/loud music, so thank you to the CHS team for delivering right on cue from behind the scenes.

Mr. Garrett is with Congruent Counseling Services, and for many years, HC DrugFree has partnered with Congruent Counseling Services on educational programs for both adults and students.

Pictured above on the left: Mr. Garrett and HC DrugFree's Executive Director, Joan Webb Scornaienchi.

Pictured above on the right: CHS students and our very own HC DrugFree Teen Advisory Council members, Shriya Reddy and Adhithyaa Nair, as they prepared to present an HC DrugFree update to their classmates.

Unwelcome Wedding Reception Surprise

We've all heard stories of bad meals at wedding receptions or bridezillas behaving inappropriately, but this one really takes the cake. Guests at a wedding in Florida became ill and reported feeling strange, only to learn that the food had been laced with Tetrahydrocannabinol (THC). The bride and caterer were arrested and charged with violations of an anti-tampering law and delivery of cannabis. [Watch the video](#) or [read more](#).

A Drug More Powerful Than Fentanyl Found in D.C.

Analysis of used syringes collected in Washington, D.C. indicated the presence of nitazene, another drug that is more potent than fentanyl. Like fentanyl, people may be unknowingly using substances that contain nitazene, increasing the risk for overdose. First responders are concerned that overdose reversal medications, such as naloxone, may not be as effective and individuals may require more doses to reverse an overdose. [Watch the video](#).

Why Drug Take Back Day & "In Plain Site" Trailer Tour?



Three out of four people using heroin began with the use of prescription medication

Drug Take Back Day

in Howard County

Saturday, April 30

10 a.m.–2 p.m.

Dispose of unwanted or expired medications & sharps (needles, syringes & EpiPens) at HC DrugFree's convenient drive-thru collection

Wilde Lake Village Center parking lot
5305 Village Center Drive, Columbia, near The UPS Store

For details, go to www.HCDrugFree.org

Adults volunteer at: www.surveymonkey.com/r/Adults4-30-22

Youth volunteer at: www.surveymonkey.com/r/Youth4-30-22



Message provided by HC DrugFree & the Howard County Police with funding from Howard County Health Department, MDH & SAMHSA



Got Sharps?

Don't get stuck on pins & needles.

Bring your unwanted sharps and meds to our Drive-Thru Medication & Sharps disposal

Safely dispose of:

- Prescription medication
- Over-the-counter medication
- Sharps (syringes, needles, Epi-Pens, etc.)
- Vitamins
- Pet medication
- Vape devices (batteries removed)
- Inhalers
- and more!

HCDrugFree
Empowering the Community

National Drug Take Back Day

Saturday, April 30 2022, 10 a.m. - 2 p.m.

Wilde Lake Village Center

www.hcdrugfree.org

A report published by the Substance Abuse and Mental Health Services Administration (SAMHSA), found that **a majority of people who misused a prescription medication obtained the medicine from a family member or friend. Don't inadvertently become a loved one's drug dealer.**

Bring your unwanted and expired prescription medications, over-the-counter medications, vitamins, pet medications, sharps, needles, syringes, Epi-pens, inhalers, and vape products to the convenient, drive-thru medication and sharps collection on Saturday, April 30 from 10 a.m. to 2 p.m. in the Wilde Lake Village Center parking lot (near the Swim Center), and reduce the likelihood that those items will be used inappropriately by yourself and your family.

Click [here](#) or on fliers to download and print.

Whether you are disposing of medication or other items or not, all adults are invited to **tour the trailer simulating a young person's bedroom** and bathroom to see where your teen or loved one may be hiding drugs in plain site and learn other potential signs of drug abuse. Free! No registration needed. Park and walk over to the trailer.

Hidden in Plain Sight

Adults are invited to tour a trailer set up to simulate a young person's bedroom and bathroom. See places drugs are **hidden in plain sight** and learn other signs of drug use.



Saturday, April 30

10:00 a.m. to 2:00 p.m.

Wilde Lake Village Center parking lot (near the Swim Center)
5305 Village Center Drive in Columbia

Same time, same location...



Drive-thru Medication & Sharps Collection

Bring unwanted and expired prescription and over-the-counter medications, needles, syringes, EpiPens, patches, and vapes. Don't be your family's drug dealer.

Students, Adults, & Medically-Trained Adults Are Needed!

Volunteer today
Community Service Hours Available

Go to www.hcdrugfree.org/drug-take-back-day-1/ or contact HC DrugFree's Executive Director, Joan Webb Scornaienchi at Admin@hcdrugfree.org



HCDrugFree
Empowering the Community



HC DrugFree is proud to partner with the Howard County Police, Drug Enforcement Administration, Howard County Public School System and PTAs/PTSAs, Howard County Health Department, Howard County General Hospital, Harford & Howard County Sheriffs' Offices, Howard County Executive & Government, and others.

HC DrugFree is still in need of **more volunteers** to make the event run smoothly. We need adults and students for a variety of tasks, as well as adults with medical training, photographers, and people to post to social media throughout the event. We also **need tables**, so if you have some we can borrow, please complete the adult volunteer registration or email admin@hcdrugfree.org



and let us know. Even if you cannot attend the entire day, volunteer for a shift.

[Adult volunteers register here](#) and [students can be registered here](#).

For more information, visit our [website](#).



Pandemic Stress & Loneliness Making Addiction More Common

The isolation and decreased social supports that have resulted from the pandemic have left many people struggling with mental health issues. Substance use has been increasing, but so have other behavioral health problems like gambling, binge eating, and overspending. This [article from Today](#) shares some signs that families should be on the lookout for, how to help when someone is showing signs of addiction, and what you can do if you are the one struggling with addiction.

Adderall to Cram for Tests: May Hurt Brain

Students mistakenly believe that taking Adderall can help with academic performance, but what they may not realize is how Adderall can negatively impact the development of the pre-frontal cortex area of the brain. Similarly, parents and other adults may not realize how easy it is for young adults to access Adderall. [Read more](#).

Do Teens Outgrow Substance Use?

Previous research has suggested that most teens reduce or stop using drugs as they become adults. Yet new findings from the Monitoring the Future survey indicate that teens with more severe substance use are at higher risk for prescription drug use and misuse and substance use disorder at age 50.

[Read more.](#)

Don't be Your Family's Drug Dealer

Sharing prescriptions is never a good idea



Opioids are among the most dangerous medications to share. Opioids are prescribed to treat pain, and with prolonged use, the body can develop dependence.



Reference: Teens start misusing ADHD drugs and other stimulants earlier than you might think, U-M study finds [Internet]. Healthcanal.com; 2017 [cited 2022 Feb 11]. Available from: <https://www.healthcanal.com/mental-health-behavior/adhd/64070-teens-start-misusing-adhd-drugs-and-other-stimulants-earlier-than-you-might-think-u-m-study-finds.html>





Don't know what to do with your leftover meds?

We can help.

HCDrugFree

Empowering the Community

Medication & Sharps Disposal

Saturday, April 30 2022, 10 a.m. - 2 p.m.

Wilde Lake Village Center

www.hcdrugfree.org

- Safely dispose of:**
- Prescription medication
 - Over-the-counter medication
 - Sharps (syringes, needles, Epi-Pens, etc.)
 - Vitamins
 - Pet medication
 - Vape devices (with batteries removed)
 - Inhalers
 - and more!

Tell Your Friends about Our Newsletter

Invite a friend to [subscribe to our newsletter](#).

You can also view previous newsletters in the [Newsletter Archive](#) on our website.

Help Fund Our Upcoming Take Back Event



Are you a [Friend of HCDrugFree](#)? Have you made a donation this year? We depend upon the generosity of individuals, organizations, and businesses to

support our free services. Please make a gift of any size today.

Would you or your PTA/PTSA, religious group, civic group, or business like to become a [Sponsor of HC DrugFree](#) by donating \$500 or more per year? Monthly payments are welcome. Thank you for your support.

[Donate](#)



Additional Resources

Mental Health Crisis? Thoughts of Suicide? Problems with Drugs or Alcohol? Contact MD's HELPLINE. Call 211, then press 1. Text your zip code to TXT-211 (898-211). Visit 211md.org for help with housing/shelter, utility assistance, food, domestic violence, legal services, and more.



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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www.hcdrugfree.org



[Donate](#)



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