

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

Rest is not idleness,
and to lie sometimes on the grass on a summer day
listening to the murmur of water,
or watching the clouds float across the sky,
is hardly a waste of time.

John Lubbock



HC DrugFree is Hiring



HC DrugFree will be hiring at least one part-time Outreach Assistant this fiscal year. We're looking for self-motivated Howard County professionals with a commitment to providing excellent customer service to youth and adults.

There are at least two different roles we are looking to fill, and these may be filled by one individual or more depending on the situation and would be approximately 10-20 hours per week.

We are looking for someone to manage HC DrugFree's social media accounts (Facebook, Twitter, & Instagram) and electronic newsletter. This individual will use these venues to advertise our programs and events as well as share prevention and educational information with the community. Experience with the above social media platforms is required and please let us know if you have

experience with Constant Contact.

We are also looking for someone to assist in planning our large events and attend community events to share educational materials about substance use prevention and educate community members about what we do and how they can become involved. Due to the nature of event scheduling, this individual must be available to work a couple evenings a month and weekends as necessary throughout the year.

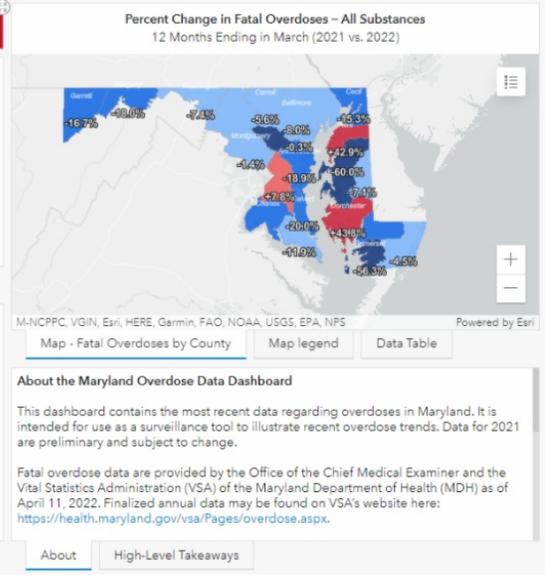
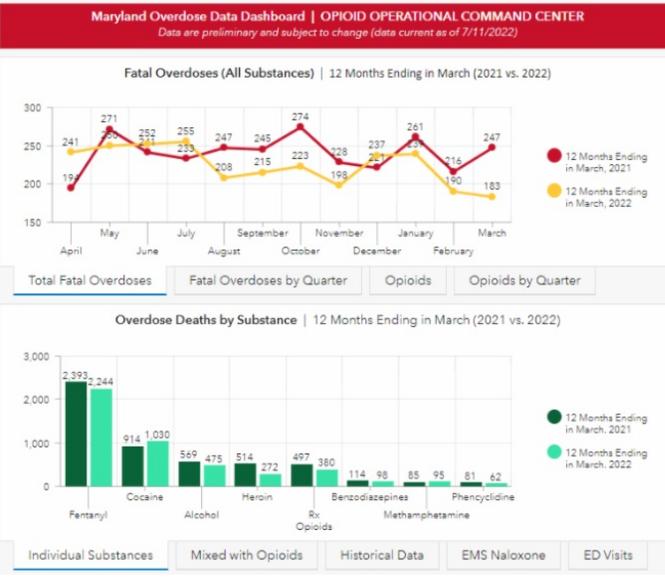
For more information about the positions or to apply, please visit the [Employment & Volunteer Opportunities page](#) of our website.

Teens Discuss Youth Marijuana Use



In a collaborative effort with the Kerala Cultural Society, recent Centennial High School graduate and member of HC DrugFree's Teen Advisory Council (TAC), Adhithyaa Nair was interviewed by Sidhaarth Raghunath about issues related to marijuana use in teens, including different perceptions about the safety of marijuana use, how it affects the nervous system both in the short and long-term, and why marijuana edibles have the potential to be more dangerous than smoking. View the [full interview here](#).

MD Overdose Data Dashboard



Recently, the Opioid Operational Command Center (OCCC) updated the Overdose Data Dashboard. Preliminary data show that fatal overdoses are continuing to decrease in Maryland.

In the 12-month period ending in March 2022, there were 6.5% fewer fatal overdoses in Maryland compared to the 12-month period ending in March 2021 (decreasing from 2,878 to 2,691). During the same timeframe, fatal overdoses decreased in all but 3 of Maryland's 24 local jurisdictions.

You can see this data and more by clicking on the image above or visiting <https://beforeitstoolate.maryland.gov/oocc-data-dashboard/>.

Mental Health Crisis: Hiding in Plain Sight

Awareness of issues surrounding child and adolescent mental health is increasing, and in a new PBS movie "[Hiding In Plain Sight: Youth Mental Illness](#)" young people are being given the opportunity to share their experiences with mental illness. In an interview about the making of the film, the directors discuss how reducing the stigma around mental health and getting parents, grandparents, and youth to start talking about mental health is key to managing the crisis at hand. [Read more.](#)

If you or a loved one are struggling with mental health, substance use, or suicidal thoughts, call or text the 988 Suicide and Crisis Lifeline (formerly the National Suicide Prevention Lifeline).



If you or a loved one are experiencing suicidal thoughts, a mental health crisis, or a substance use crisis, get help

Call or Text 988

Talk to Your Daughters

In 2020, girls and young women ages 12-20 years old were more likely than boys and young men to say they used alcohol.

Click on the infographic below or [here](#) for a downloadable copy.

Helping Girls and Young Women Stay Healthy ... **BY AVOIDING ALCOHOL**



In 2020, girls and young women ages 12-20 years old were more likely than boys and young men to say they used alcohol.

GIRLS AND YOUNG WOMEN REPORTED:

**HAVING USED ALCOHOL AT LEAST
ONCE IN THEIR LIVES**



VS. **32.7%** OF BOYS AND YOUNG MEN

**HAVING USED ALCOHOL
IN THE PAST YEAR**



VS. **27.9%** OF BOYS AND YOUNG MEN



HOW CAN PARENTS, CAREGIVERS, AND COMMUNITIES RESPOND?

1

Be aware of the reasons that youth use alcohol, including stress over fitting in or a traumatic experience, a relationship break-up, or peer pressure.

2

Make it clear to the girls and underage young women in your life that you disapprove of underage drinking and other drug misuse. Share the reasons why.

3

Talk with your daughters, granddaughters, students, and other girls you care about on how to avoid alcohol.

4

Share positive solutions to problems

about on how to avoid alcohol
and other drug misuse.

they may be facing.

Learn more about underage drinking—
and what you can do to prevent it—at
[StopAlcoholAbuse.gov/CommunitiesTalk](https://www.stopalcoholabuse.gov/communities-talk).



SAMHSA
Substance Abuse and Mental Health
Services Administration

Source: Substance Abuse and Mental Health Services Administration, Center for Behavioral Health Statistics and Quality. (2021). Results from the 2020 National Survey on Drug Use and Health: Detailed tables. (Table 2.44B) <https://www.samhsa.gov/data/report/2020-nsduh-detailed-tables>
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Save the Date: Medication and Sharps Collection



In the KNOW...

Keep your loved ones safe. Our next drive-thru medication and sharps collection is tentatively scheduled for Saturday, October 29 from 10 a.m. to 2 p.m. in the Wilde Lake Village Center parking lot in Columbia. More information to come!

Childhood Trauma and Rx Drug Misuse in College

The social and academic stress of college is often enough to lead students to misuse prescription drugs, but research shows that students with a history of [Adverse Childhood Experiences \(ACEs\)](#) are at greater risk of prescription drug misuse. [Read more.](#)

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.



Another School Year Starting Soon



Donate today to help us provide FREE services throughout the school year. Become a [Friend or Sponsor of HC DrugFree](#). We depend upon the generosity of individuals, organizations, and businesses to support our free services. Please make a gift of any size today.



Additional Resources

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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