

# HC DrugFree

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



Life is about not knowing, having to change,  
taking the moment and making the best of it  
without knowing what's going to happen next.



-Gilda Radner

## Dates to Remember

May 1-31: Mental Health Awareness Month

May 31: [World No Tobacco Day](#)

## Mental Health Awareness Month



As a part of **Mental Health Awareness Month**, we wanted to share our Public Service Announcement (PSA) poster that was developed with the assistance of Howard County students.

Anxiety can manifest itself in a variety of ways, from feelings of dread or fear, to physical symptoms

such as elevated heartrate and sweating. Many people don't realize that anxiety is a common experience and there are ways to help you manage it.

This poster outlines one practice that HoCo kids use to ease the symptoms of anxiety in a stressful situation. The next time that you feel anxious, try this simple exercise:

### Count...

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

If you can't remember the countdown list in the moment, simply look around you and begin naming and describing your environment (such as naming the colors of things you see.) This will "trick" your nervous system into calming down! Isn't that interesting?

Although anxiety is a common experience, it can also be an indicator of a greater underlying issue. If you are experiencing anxiety frequently or in circumstances that shouldn't cause stress, you should speak to a health professional. As always, if you need emotional support for any reason at all you can [call, text, or chat 988](#) for immediate help.

## MANAGING ANXIETY COUNTING DOWN TO CALM

5 THINGS YOU CAN SEE 

4 THINGS YOU CAN TOUCH 

3 THINGS YOU CAN HEAR 

2 THINGS YOU CAN SMELL 

1 THING YOU CAN TASTE 

*Be Kind to Your Mind*

LEARN MORE



[hcdrugfree.org/mental-health](http://hcdrugfree.org/mental-health)

**HCDrugFree**  
Empowering the Community

GET INVOLVED



[tinyurl.com/HCDrugFreeTAC](http://tinyurl.com/HCDrugFreeTAC)

## SOME REASONS TO CALL, TEXT, AND CHAT 988



Drinking too  
much or drug use

Thoughts  
of suicide

Feeling  
depressed  
or anxious

Trauma



Julia Zhang

## Motivation & Perseverance Solutions

### [Watch Video](#)

Earlier this year, HC DrugFree presented a program called TAC Talks. This unique program was developed with the creativity and insight of students in our Teen Advisory Council (TAC). These remarkable teens created thoughtful videos in the style of TED Talks, hence the name TAC Talks.

This short video is a single segment of the program presented by TAC member, Julia Zhang, who created a video on Motivation and Perseverance Solutions. [Click here to view the full TAC Talks Program](#)

## Graduation Time: Your Emotions May Not Be What You Expect

Although graduation season is a time to celebrate the accomplishment of your child, it can also be a time of transition that can bring up difficult emotions. As a parent, it is natural to feel sad and anxious as your child prepares to graduate. Here are 5 ways to understand and handle these contrasts and your changing role.

[Read more](#)

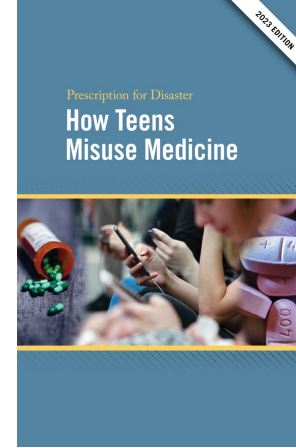


## DEA Provides Insight Into Teen Substance Misuse

The Drug Enforcement Administration (DEA) released a new edition of "Prescription for Disaster: How Teens Misuse Medicine" designed to be a guide to help us understand and identify the current medications that teens are misusing. It is not all-inclusive; not every dosage unit or generic form of the medications can be listed due to space constraints and the frequent introduction of new drugs. This edition includes new information on fake pills, as well as social media, a major

avenue through which teens purchase illicit drugs.

[Download PDF](#)



## MD Overdose Response Health Alert: Medetomidine

The Philadelphia Department of Public Health recently published a health alert regarding medetomidine, a veterinary sedative that has increasingly been found in Philadelphia's supply of illicit drugs. Although new to Philadelphia, this powerful drug has already been found in Maryland. [Learn more](#)

## Final Teen Meeting Of The School Year

HC DrugFree invites all Howard County students in grades 8-12 to attend our **Monday, June 3** Teen Advisory Council (TAC) meeting from 5:30 to 7:00 p.m. on Zoom.

[All students must register to receive the June meeting Zoom link.](#)

Members of TAC attend our monthly meetings and serve as student ambassadors in their schools and in the community.



### Why join TAC?

- Earn Community Service Hours
- Gain experience for job & college applications
- Volunteer opportunities year round
- Be a leader and role model in Howard County

[Learn More & Register](#)

[Free Webinar: Preventing College Substance Misuse](#)



# Free Webinar!

## Empowering Parents: Strategies for Preventing and Addressing Substance Use in College



**When: Tuesday, June 4, 2024 6:00-7:00PM EST**

**Register for Zoom Meeting: [go.umd.edu/parentwebinar](https://go.umd.edu/parentwebinar)**

**Presenters: Malinda Kennedy, ScD and Kelsey O'Hara, MPH** from the Center on Young Adult Health and Development, University of Maryland School of Public Health

Register now:



**Who Should Attend:** Any current or future college parent/family member

**Gain an Understanding of:** the newest data on college substance use, the unique role of parents, impacts on student performance and health, and effective strategies for setting students up for success

**COLLEGE  
PARENTS  
MATTER**  
have the conversation

Set your graduate up to make great choices as they head off to college. This webinar **Empowering Parents: Strategies for Preventing and Addressing Substance Use in College** will outline the latest substance use research as it relates to college students and discuss science-backed prevention and support strategies that are practical for parents to implement now and in the future.

Whether your student is still in high school or already attends college, it is important to understand the changing landscape of substance use among adolescents and young adults today. In addition to sharing the latest research, the presenters will share actionable tips for parents and families and provide time for questions at the end of the session. [Learn more](#)

## Senior Week: Safety Program Replay Available

Parents and Graduating Seniors: If you missed our live Senior Week safety program, we have provide a recording for you to view. This program includes important information from Ocean City Beach Patrol, Ocean City Police, and Howard County graduates to keep graduating seniors safe during their time in Ocean City.



[Watch Video](#)

Today Is A Good Day!

Today is a good day to become a [Friend of HC DrugFree](#) so we can continue to provide FREE services to youth, adults and families in Howard County. We appreciate donations of any size.

[Donate Now](#)

Or mail your **donation** to HC DrugFree's office:

HC DrugFree  
5305 Village Center Drive, Suite 206  
Wilde Lake Village Center  
Columbia, Maryland 21044

## Resources

### Free Narcan Training:

The Howard County Health Department offers a free training so you can be prepared in case of an opioid overdose. Sign up for your free training and Narcan kit today: [Learn more](#)



## [Additional Resources](#)

For more information, contact

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