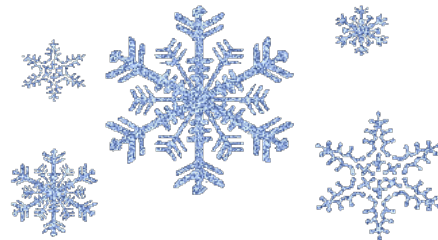


HC DrugFree

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

"To appreciate the beauty of a snowflake it is necessary to stand out in the cold."

-- Aristotle



Dates to Remember in February

February 24: **Life Skills Class #1**

February 26: **Set a Good Example Day**

FREE Classes Begin on Monday!

Hurry to register your HoCo student. HC DrugFree's interactive Life Skills classes begin on Monday. While designed for students in grades 6 to 9, we will consider each request for slightly younger or older students too. High schoolers also have the opportunity to volunteer to earn Community Service Hours by assisting our **team of college instructors**. Looks good on resumes and college applications!

The 8-class series will run across the following **Mondays: February 24, March 3, 10, 17, 24, April 7, 28 and May 5** from **5:00 to 6:30 p.m.** on Zoom. More information can be found on our [website](#) and [flyer](#).

Did you know that more than 1/3 of adults do not drink alcohol at all?



Your students will learn this and more alcohol myths and realities during our upcoming FREE Life Skills Classes!

HC DrugFree

Click here to register HoCo Middle School Students (and HoCo High School Students not wanting Community Service Hours)

Click here to register HoCo High School Students wanting to join on our instructional team to earn Community Service Hours

FREE Classes for Adults

Raising preteens and teens is tough. Wouldn't it be great if adults could take a class that taught us how to help our kids avoid risky behaviors, all while learning how to say NO to drugs and alcohol? There is!

Register to attend our Spring 2025 Guiding Good Choices® classes for parents, guardians and grandparents. Series will run **Tuesdays and Fridays on March 18, 21, 25, 28 and April 1 from noon to 1:30 p.m. on Zoom.** More information can be found on our [website](#) and [flyer](#).

In the Know 

You love your kids endlessly, and even love can use a little backup!

Our upcoming free parenting classes can help you gain the tools to navigate parenthood with confidence.

HC DrugFree 

Register Here!

Self Care

SELF CARE REMINDERS

Move your
body.

Time for
yourself is
important.

Ask for help
when needed.

Your emotions
matter.

Practice
mindfulness.

You deserve
love and
support.

HCDrugFree

In the KNOW 

Federal Anti-Hazing Law: Stop Campus Hazing Act



The **Stop Campus Hazing Act (SCHA)** was signed into law in **December 2024**, marking a major step forward in **campus safety and transparency**. This new law requires **colleges and universities** to take stronger action against hazing, including:

- **Reporting hazing incidents** – Schools must now include hazing statistics in their annual security reports.
- **Establishing hazing prevention policies** – Institutions must create clear policies on how to report hazing, investigate incidents, and implement research-based prevention programs.
- **Releasing a public Hazing Transparency Report** – Schools must publish violations by student organizations, including details of incidents and outcomes.

Why It Matters

Hazing has caused physical, emotional, and psychological harm to students across the country. SCHA **increases accountability, transparency, and education** to help keep students safe while ensuring **national consistency in anti-hazing efforts**.

What's Next?

Colleges must start **collecting hazing data in 2025**, with full implementation by **October 2026**. Students, parents, and educators are encouraged to get involved by **learning more, advocating for prevention, and fostering a**

safer campus culture.

For more information, resources, and support on hazing prevention, [click here](#).

Opioid Misuse in College Student Populations



An October 2024 scientific article, "Opioid misuse and mental health in college student populations: A national assessment" (Freibott et. al, 2024), aims to establish a prevalence of opioid misuse and examine the relationship between opioid misuse and anxiety and depression symptoms.

Key findings include...

- Of the 176,191 students surveyed, 0.44% (782 students) reported opioid misuse within the prior month.
- Opioid misuse was associated with a 24.1% increase in anxiety and depression symptoms.
- Less than half of the students who misused opioids and experienced depression and/or anxiety received treatment for it in the previous year.

This study expands on typical substance misuse data by focusing specifically on opioids for prevalence and how it interacts with mental health issues and help-seeking behaviors. Hopefully, further research will inform the need for continued substance use and mental health resources on college campuses and for their students. [Read more. Additional research.](#)

The Many Risks of Cannabis and High-Dose THC

As cannabis products become more potent, experts are sounding the alarm about their effects on teens and young adults. With THC levels in today's products often exceeding 90%, the risks are higher than ever. Research shows that **More THC, More Often = More Risks** including addiction, cognitive impairments, and serious mental health issues like anxiety, psychosis, and schizophrenia.

A recent article dives into how ultra-high THC levels impact the developing adolescent brain, contributing to long-term challenges with memory, learning, and emotional regulation. Discover what parents and teens need to know about today's cannabis products—from vapes to edibles—and learn how to make informed choices. [Read the full article.](#)



HoCo Film Fest: HC DrugFree PSA Category

HC DrugFree's 2024-25 public service announcement (PSA) Category theme is: ***Make the Call: Help Without Hesitation.***

This category was chosen to allow teens the opportunity to create PSAs informing their peers and the community about **Maryland's Good Samaritan Law.** [Learn more about our PSA Category](#) and the April 1 film submission deadline.



Maryland's Good Samaritan Law protects individuals who seek help during a medical emergency related to drug or alcohol use. Under this law, people who call 911 to assist someone experiencing an overdose or other serious medical issue may be protected from arrest, prosecution, and certain legal penalties for minor drug and alcohol offenses. [Learn more about the Good Samaritan Law.](#)

Don't be Your Loved Ones' Drug Dealer!

When storing medication...

- Keep it out of reach and out of sight
- Use child safety caps
- Keep an inventory to monitor usage
- Utilize a medication lockbox
- Speak to family and guests about medication safety

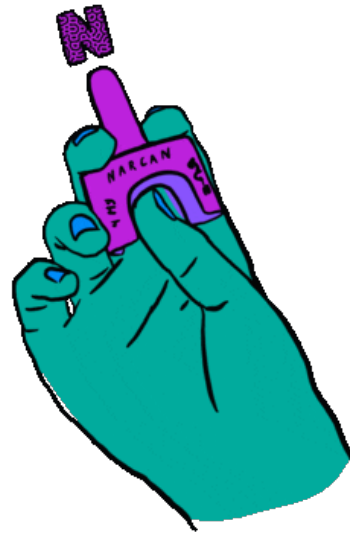
Are you IN THE KNOW about proper medication storage? [Learn more.](#)



Naloxone: A Lifesaving Tool Against Fentanyl Overdoses

Naloxone is a powerful antagonist used to reverse an opioid overdose, including those caused by fentanyl, a dangerous synthetic opioid. Fentanyl is often mixed with other drugs without the person's knowledge, making it especially risky. Even a tiny amount can result in a fatal overdose, but naloxone works by quickly binding to opioid receptors in the brain, restoring normal breathing and saving lives.

This safe and easy-to-use medication is widely available and plays a critical role in combating fentanyl-related overdoses. The Howard County Health Department offers free trainings and kits: [Learn more](#).



Donate Today!

A promotional banner for HC DrugFree. On the left, there is a logo consisting of a grid of purple dots of varying sizes. To the right of the logo, the text reads "HC DrugFree needs your support! Help us help Howard County". Below this text is a QR code and a speech bubble containing a red heart. To the right of the QR code is a photograph of a group of people wearing green shirts and holding signs, standing in front of a brick building. The background of the banner is a mix of light and dark purple with a pattern of dots.

Your financial support provides resources and programs free of cost to the community. To support our mission, please visit hcdrugfree.org/donate or mail a check to: HC DrugFree, 5305 Village Center Drive, Suite 206, Columbia, MD 21044

[Donate here!](#)

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

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

What Do You Think?

Please take our 2-second survey to let us know what you think of the content provided in this newsletter!

[Take Our Survey](#)

Resources

The 988 Suicide & Crisis Lifeline:

Marylanders who are experiencing a mental health or substance use crisis should call or text 988. Learn more at 988.maryland.gov. Maryland veterans and their loved ones can call 988 and press 1 to transfer to the Veterans Crisis Line. Press 2 for Spanish. Press 3 for LGBTQIA+ support.



[Additional Resources](#)

Are you following us on social media?



@hc_drugfree



HC DrugFree



HC DrugFree



@HCdrugfree

HCDrugFree



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