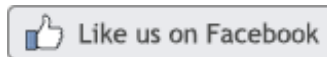


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HC DrugFree is keeping Howard County
In the KNOW!!!

HC DrugFree's Annual Youth Alcohol and Drug Abuse Awareness Month in Howard County

While health, safety, and a balanced life are important for everyone, a substance-free life for our youth is a top priority. This month we particularly encourage education for prevention of alcohol and drug misuse in our children. We need to help our youth develop good coping skills so they won't see drugs and alcohol as a way to escape daily pressures.

If you are involved with youth, please take the time to arm yourself with the helpful information provided by HC DrugFree in this newsletter: learn about drugs disguised as candy, plan to attend our Senior Week program with your high school senior or the HoCo Student FilmFest with your family, and encourage your high school student to join our Teen Advisory Council. Also, consider sharing the videos below about a sister lost to heroin and the "drunk suit" experiment with the young people in your life.

Now is a great time to be a good influence on our youth. If you need resources, please visit our website at www.hcdrugfree.org; if you have questions, submit them to our Executive Director at Joan@hcdrugfree.org, so we can run them anonymously in our Q&A. Other adults probably have the same questions, so let's all get educated together!

Remember, *PREVENTION WORKS* and HC DrugFree is here to help.

Drugs Disguised as Candy

Keep an eye on your kid's candy. Learn about hidden drugs from the articles below that involve Smarties, lollipops, and gummy candies:

Virginia man pleads guilty in case of candies laced with designer drug: To view, [click here](#) or go to goo.gl/vBCyIn.

Cops: Student OD's after drug-laced lollipops handed out at Pa. school: To view, [click here](#) or go to goo.gl/zQaH1g.

Gummy marijuana being sold to teens: To view, [click here](#) or go to goo.gl/txCQIF.

Follow Up to "A Local Sister Lost to Heroin"

At age 21, Taylor Sprague died of a heroin overdose on December 31, 2015. Recently, her mother and sister shared their feelings about receiving the tragic news and how it has affected them since that day.

In the video, they describe how Taylor's death changed the way they look at things, that it affected their health and relationships, and that the police announcement that she died of a heroin overdose had to be *wrong*. They never dreamed their college honor student and former General Assembly Page could have been using drugs.

Kylie & Kerri Sprague express that they wish they had known the signs, known that nodding off and breaking out were not just symptoms of an overworked student. They also warn that death from a drug overdose can affect anyone and that it does not pick and choose its victims.

To view the Baltimore Sun video, [click here](#).

Check Out the "Drunk Suit" Experiment

On March 2, NBC Today demonstrated the use of a scientifically engineered "drunk suit" which simulates alcohol's effects on the body. Part of a program called Ford Driving Skills for Life, the suit is being tried on teenagers in the hope that they will be "scared straight" in order to prevent drunk driving accidents.

The suit includes "beer goggles" to impair vision and weights on knees and arms. The experiment involves a simulated traffic stop and driving an obstacle course. The results were dramatic.

To see for yourself, [click here](#).

New March Blogs All Parents/Adults Need to Read!

Two strong individuals affected by addiction in their lives share their wisdom gained through years in recovery. One offers thoughts about caring for yourself by knowing when to say no to extra commitments. The other provides thought provoking insight into labels, in particular labels surrounding addiction and recovery.

To take a moment to read the full blogs, [click here](#).

Article Addresses Inconsistencies in the Law

HC DrugFree's legal advisor David Zwanetz, an attorney and partner with Shapiro Zwanetz and Associates, recently wrote an article entitled "Wacky Weed" about the inconsistencies in the law.

Help yourself and the youth in your life understand Maryland laws. To read the article, [click here](#).

March is Problem Gambling Awareness Month

Teen rates for problem gambling are higher than for adults. Approximately 4%-8% of youth between 12 and 17 years of age meet the criteria for a gambling problem and another 10%-15% are at risk of developing a problem.

To view the new 2017 *Guide to Having the Conversation: Families and Gambling* as well as other youth and adult gambling resources on HC DrugFree's website, [click here](#).

HC DrugFree is proud to partner with The Maryland Center of Excellence on Problem Gambling.

See You at the Annual HoCo Student FilmFest This Friday Night

Along with all the other winning films entered into the student run event this year, HC DrugFree's winning public service announcements focusing on knowing alcohol and drug free alternatives to dealing with stress will be played.

We hope to see you at the 2017 HoCo Student Film Festival on Friday, March 10 at 7:00 p.m. at the Charles E. Miller Library in Ellicott City.

HC DrugFree is proud to partner with the HoCo Student FilmFest.

Keep Your High School Senior Safe at Beach Week - March 22 and 29

Parents, grandparents, and high school seniors: Mark your calendars for HC DrugFree's annual "Senior Week: Staying Safe in Ocean City" programs. These programs are back by popular demand.

Choose from two opportunities on Wednesday, March 22 at Atholton High School and Wednesday, March 29 at Howard High School from 7:00 - 9:00 p.m.

Ocean City Police and Beach Patrol will provide safety tips about water, beach, drugs/alcohol, crossing the busy highway, and much more.

Visit HC DrugFree's Senior Week page under Events at www.hcdrugfree.org or contact HC DrugFree at Admin@hcdrugfree.org for more information.

HC DrugFree Teen Advisory Council Meeting - March 13 and April 3

HC DrugFree's Teen Advisory Council (TAC) will meet on Monday, March 13 and April 3 from 5:30 p.m. to 7:00 p.m. at The Barn (Teen Center) in the Oakland Mills Village Center. TAC is open to all Howard County high school students.

Community service hours are available for attendance at TAC meetings. Free pizza is provided. Teens must complete the registration form found on the Teen Advisory web page or [click here](#), and RSVP to Admin@hcdrugfree.org.

Thank you to our TAC 2016-2017 sponsor [Shapiro Zwanetz and Associates](#).

Are You A Friend of HC DrugFree?

HC DrugFree relies on your generosity. Youth, neighbors, friends, and other community members have concerns and questions; HC DrugFree provides answers and FREE resources. Help us educate the Howard County community and save lives...begin 2017 with a donation to HC DrugFree.

It's easy to donate: 1) go online, [click here](#), 2) mail a check to HC DrugFree, 5305 Village Center Drive, Suite 206, Columbia, MD 21044, or 3) come visit our office to see how your

funds are helping the community!

Need Treatment? Get Help Now!

Are you seeking information on facilities in Maryland that offer substance misuse and/or mental health treatment?

If so, to use the Behavioral Health Treatment Services Locator from SAMHSA, [click here](#), or visit the resources section on HC DrugFree's website to view more local resources and treatment providers.

Do You Take An Opioid (Prescription Pain Medication)?

Common Opioids prescribed for pain (i.e., dental surgery, sports injuries, routine surgeries, etc.): Percocet, Morphine, Dilaudid, Fentanyl, Oxycodone, Vicodin, etc.

KNOW 7 Signs of an Opioid Overdose

1. Breathing: slow, shallow, or stopped
2. Blue lips and fingertips
3. Gray, clammy skin and vomiting
4. Loud snoring or gurgling noises ("death rattle")
5. Person unresponsive
6. Slow pulse/No pulse
7. Awake, but unable to talk

Administer Naloxone and CALL 911 FOR HELP!



KNOW the Danger of Fentanyl

- Toxic in small amounts & can kill in minutes.
 - Mixed with & sold as heroin, cocaine & other drugs or pressed into fake Rx pills
 - Unable to be detected by look, smell or taste
 - A fentanyl OD can be reversed with naloxone
 - You, your family and your friends can carry naloxone
- For more information, visit MDDestinationRecovery.org

Looking for **FREE Naloxone training** in Howard County? Please email Admin@hcdrugfree.org for more information about upcoming trainings.



For more information, contact
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