

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

### **Frederick County: Opening a Recovery High School**

The only recovery high school in the state of Maryland is opening in Frederick County later this month. [Click here](#) to read more.

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### **Must Watch: NBC Today Show Report (August 12, 2020)**

This morning, the Today Show interviewed young people about vaping and shared a report about the alarmingly high COVID-19 infection rate for young vape users. But why? Is it sharing these devices, particles released in the air, the hand-to-mouth action, or what? [Click here](#) to watch the video.

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### **Benadryl Challenge on Tik Tok**

One of the latest challenges going around on Tik Tok, a video-sharing app popular among teens, involves taking 12 or more Benadryl tablets in order to get high. Three teenagers who participated in this trend were hospitalized after overdosing on the drug.

In HC DrugFree's Life Skills classes, we talked to middle school students about why it's important to never share over-the-counter medications such as Benadryl because while they may be helpful to some people, others could experience allergic reactions or intend to abuse the drug.

[Click here](#) to read about what happens when you take too much Benadryl.

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### **Human-Made Mind-Altering Chemicals**

Synthetic cannabinoids (K2/Spice) are human-made chemicals that are sprayed onto dried plant material or sold as liquids to be vaporized. They are sometimes marketed as a safe alternative to marijuana, but they may actually be much more powerful and unpredictable. [Click here](#) to read more about the effects of synthetic cannabinoids.

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### **How Can I Recognize an Overdose?**

Watch this video to learn how to recognize an opioid overdose and what you can do to save a life. [Click here](#) to play the video.

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## **Save the Date: Join HC DrugFree to Learn More about Security Clearances**

At 5:30 p.m. on Monday, August 24, HC DrugFree's Teen Advisory Council (TAC) will learn more about security clearances from the Federal Bureau of Investigation (FBI). A former TAC member will share about his experience receiving his first security clearance just a few weeks ago!

More information will be shared, but please encourage high school students to submit their 2020-21 TAC registration forms now so they receive our updates to access the program link. See below.

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### **Teen Advisory Council Registration Forms**

Howard County high school students may [click here](#) to access the 2020-21 school year Teen Advisory Council (TAC) registration form. Signed forms are due each year. Open to all Howard County high school students. Community service hours available.

Email a signed PDF to [admin@hcdrugfree.org](mailto:admin@hcdrugfree.org) or mail a hard copy to HC DrugFree, 5305 Village Center Drive, Suite 206, Wilde Lake Village Center, Columbia, MD 21044. Be sure to include a photo.

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### **Puff Bar Makes Vapes**

The FDA sent a letter to Puff Bar, a vape company that has gotten around FDA flavor regulations by making disposable vapes, requesting its products be removed from the market. [Click here](#) to read more about the regulations.

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### **MD Mind Health**

The Maryland Department of Health (MDH) recently launched MD Mind Health, a new text-based mental health initiative to fight isolation and encourage mental wellness. The new program was developed by the MDH Behavioral Health Administration (BHA) in partnership with Maryland 211, the state's crisis hotline. The program is an extension of mental outreach provided by BHA during the pandemic. Texts sent through the program will not only provide supportive mental health messages, but also will remind recipients that immediate access to mental health services is available. If in distress, individuals can call 211, chat through the 211 website, or text 898-211. All actions will link the individual to a call specialist available 24/7.

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### **Tentative Save the Date: Drive-thru Medication and Sharps Collection**

The Drug Enforcement Administration (DEA) has announced that it plans to move forward with a national Drug Take Back Day on Saturday, October 24 between 10 a.m. and 2 p.m. However, at this time, HC DrugFree's October 24 drive-thru prescription and over-the-counter medication and sharps (needles, syringes and EpiPens) collection is "tentative" until we receive COVID-19 guidance and confirm with our partners. More information will be shared as soon as possible.

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