

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

**"Change your thoughts
and you change your world."**

Norman Vincent Peale

Real or Fake? The Difference May Be Deadly.

HC DrugFree's friends at the Drug Enforcement Administration (DEA) shared the attached new Counterfeit Pills Fact Sheet and Card, both in English and Spanish. Please share this important message with your family, friends, and colleagues. [Download the Fact Sheet](#). [Download the Fact Sheet \(Spanish\)](#). [Download the Card](#). [Download the Card \(Spanish\)](#).

Participate! Maryland Public Opinion Survey about Opioids

The 2021 Maryland Public Opinion Survey is now open! If you are a Marylander 18 and over, please take the 15-minute survey on drug use in your community and **enter for a chance to win Amazon gift cards!** For more information, [click here](#).

Summer Online Life Skills Classes for Howard County Students



Confident kids grow up to be confident adults.

Set them up for success with our FREE Life Skills Class.

HCDrugFree
Empowering the Community

Ho Co Parent Reflects on Value of Life Skills Classes

"I am a parent of two college students that grew up in Howard County. Thinking back to their middle school years, opportunities for exposure to life skill building outside of the home environment would have provided an excellent opportunity for additional growth. Such experiences were rare to non-existent in Howard County Public School System (HCPSS) many years ago. Although I understand that HCPSS is focused on introducing some social/emotional learning curriculum, the HC DrugFree curriculum provides additional resources to further enhance life skill building." [Original source here.](#)

Former HCPSS Student Recommends Life Skills Classes

"Middle schoolers should take advantage of the Life Skills classes this summer! Watching Netflix, playing video games, and going to the pool are all great ways to relax while not in school but the summer break is also a perfect opportunity for middle schoolers to do things that are beneficial to their well-being in other ways. [HC DrugFree's Life Skills classes](#) will help students develop and prepare themselves for their years in high school and beyond. I could have benefited from a fun and interactive course on well-being and personal development when I was in middle school. Now, as a college student, I have the rewarding opportunity to help teach the Life Skills classes. I hope to share my experiences and knowledge with younger students in Howard County to help prepare them to take on challenges they may encounter."

Free Life Skills Class for HoCo Students



Free!!! Register ASAP as space is VERY limited.

Back by popular demand!

The 8-class series begins on Tuesday, July 13, 2021
Dates: July 13, 14, 15, 20, 21, 22, 27, 28

HC DrugFree is providing another series of Life Skills classes taught by an amazing group of **college and high school students** with HC DrugFree's adult team at each class. This curriculum was designed for students in grades 6 to 9, but for slightly younger or older students, we will consider each request. If you have questions about the appropriateness for your students, [email us](#) or [register](#), and we will contact you to confirm enrollment. **We encourage siblings and friends to take these classes together.**

This program will use developmentally appropriate, collaborative learning strategies so students will learn skills that have been shown to help **resist high-risk behaviors** including substance use (vaping, alcohol and other drugs) and more.

[Learn more](#) including viewing the curriculum. [Download the Flier. Register now!](#) Funding provided by the Howard County Health Department, the MD Department of Health, and SAMHSA.

**"The best and most beautiful things in the world
cannot be seen or even touched -
they must be felt with the heart."**

Helen Keller

Ways to Turn Up Your Summer

Who says you need alcohol or drugs to beat the summer doldrums? Here are some ideas that will keep you or your child entertained during the long break.

[Read more.](#)

Cannabis Use and Suicidality in Young Adults

"An analysis of survey data from more than 280,000 young adults ages 18-35 showed that cannabis (marijuana) use was associated with increased risks of thoughts of suicide (suicidal ideation), suicide plan, and suicide attempt. These associations remained regardless of whether someone was also experiencing depression, and the risks were greater for women than for men. The study published online today in JAMA Network Open and was conducted by researchers at the National Institute on Drug Abuse (NIDA), part of the National Institutes of Health." [Read more.](#)

Teaching Your Teen to Stand Up to Peer Pressure

While you might have talked to your kids at length about the dangers of **drug** use, it's still normal for most teens or preteens to want to fit in with their peers. Having a genuine relationship with your teen is a key component of any drug prevention strategy. But here are a few other ways you can help your child withstand the peer pressure to use drugs. [Read more.](#)

Donate Today! Our Fiscal Year Ends This Week!



[Please make your much-appreciated tax deductible gift to HC DrugFree today!](#)



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Friends keep friends informed! 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. If you haven't already done so, please [Subscribe to our newsletter](#) and invite your friends to subscribe, too!



Medication & Sharps Disposal & Storage

Just released! Save the date for HC DrugFree's next drive-thru medication and sharps collection: Saturday, October 23, 2021 from 10 a.m. to 2 p.m. Please keep reading this newsletter for updates. How and where you keep your medication can make a big difference when it comes to medication safety. Every year, two million people end up in the hospital due to drug-related injuries. This might include medication errors, adverse drug reactions, allergic reactions, or overdoses. Safe and secure storage of your prescription medicine can help avoid accidental injuries. [Visit our website](#) for more information.

For more information, contact

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