

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

**“Do the best you can until you know better.
Then when you know better, do better.”**

Maya Angelou

Surgeon General Testifies on Youth Mental Health

U.S. Surgeon General Dr. Vivek Murthy testified at a Senate Finance Committee hearing focused on the mental health of children and teenagers. Topics included the accessibility of treatment, the growth of tele-medicine, burnout among mental health workers, and the impact COVID-19 lockdowns, mask mandates, and school closures have had on youth across the country.

"When it comes to youth, I worry that there is a perception that marijuana is completely harmless in children. Our data tells us otherwise. Our data tells that in fact a portion, a substantial minority, of people who use marijuana will actually develop an addiction to marijuana. That number is significantly higher among youth. When kids also have underlying mental health conditions, the impact of marijuana use can also be more significant. And, so, I worry Senator about the messages we may send that say this is 'utterly harmless' and 'there's no problem here.' We need to be responsible in how we teach our kids about marijuana. I think how we talk to families about marijuana use and I think health care providers also need to be empowered to have these conversations early on as well as teachers."

[Click here](#) to listen to Dr. Murthy's testimony.

Social Media: Understanding a Teen's World

How familiar are you with social media platforms and the language of emojis? Teens spend about 7 hours a day on average on social media - it has become their world. So how can parents stay informed about the presence of drugs and other behaviors in social media? Check out this [information](#) on social media and common meanings behind emojis.

The Long Shadow of Childhood Trauma

What happens in early childhood impacts the people we become, but what can we do about it? Chaos, exposure to threat, domestic violence, and other forms

of abuse or neglect change the biology of the brain, but positive experiences teach us to self-regulate from an early age. [Click here](#) to read more or listen to an interview with Dr. Bruce Perry.

Teens Register Now: Meeting on Monday, February 21

HC DrugFree's Teen Advisory Council is open to all Howard County High School Students. Public School, Private School, and Homeschool students are encouraged to join! To access the 2021-22 school year registration form please [click here](#). Community service hours available to students, but only if a current TAC registration form is on file with HC DrugFree. Email your registration as well as a photo to admin@hcdrugfree.org or mail a hard copy our office.

Our next TAC meetings will be on Monday, **February 21** and Monday, March 21 from 5:30 p.m. to 7:00 p.m. [Register here](#) to receive Zoom link for the February meeting.

Enter Student Film Festival



The next HoCo Film Fest will be held on Friday, May 6 at 7 p.m. at the Miller Library. The deadline for students to submit films is April 18. To submit films, visit the [HoCo Film Fest website](#) view past films while on that site.

Be sure to enter HC DrugFree's Public Service Announcement (PSA) video contest category. Once again, this year's theme

is: KNOW: Kids Nurturing Others Wisely. This category was chosen to showcase ways that teens can encourage one another through mental health challenges, dealing with peer pressure, and most of all, how to avoid substance (drugs, alcohol, nicotine) misuse. We believe knowledge is power, so we want you to be In the KNOW.

Target audiences can include (but are not limited to) parents/guardians or grandparents of middle school students, school staff, and other adult community members not familiar with these items, etc.

Warning: Do not violate any school policies when shooting a video. Please work with school staff or contact HC DrugFree's staff.

"In the KNOW" is one of HC DrugFree's larger parent-education campaigns, so filmmakers should be familiar with that campaign before creating videos (click on "In the KNOW" on HC DrugFree's homepage at www.hcdrugfree.org).



[Click here](#) to read more about HC DrugFree's PSA category submissions requirements or email your questions to Admin@hcdrugfree.org. Good luck!

Older Adults Medicare, Medicaid and Opioid Overdoses

Recent research shows that adults 75 years and older are about three times more likely to overdose on prescribed opioids than younger adults, with those receiving Medicare/Medicaid or mental health issues having even higher rates of prescription opioid overdose. [Click here](#) to read more.

DEA Monthly Web-Series: “Strengthening Our Partnerships”

Every month the Drug Enforcement Administration (DEA) offers 30-minute live sessions with speakers and Special Guests. At 1:30 p.m. on February 24, Justin G. Wood- Diversion Program Manager, DEA Washington Division will discuss Supporting Medication-Assisted Treatments (MAT).

[Register here](#) for the February 24 WebEx event. Registration is required. There is no registration fee and capacity is limited to the first 500 attendees.

Mental Health Supports at the Winter Olympics

Last summer during the Olympics, the relationship between mental health and athletic performance was one of the big headlines. David Baron, Team USA's psychiatrist, talks more about the importance of mental health in high level athletics in this [article](#).

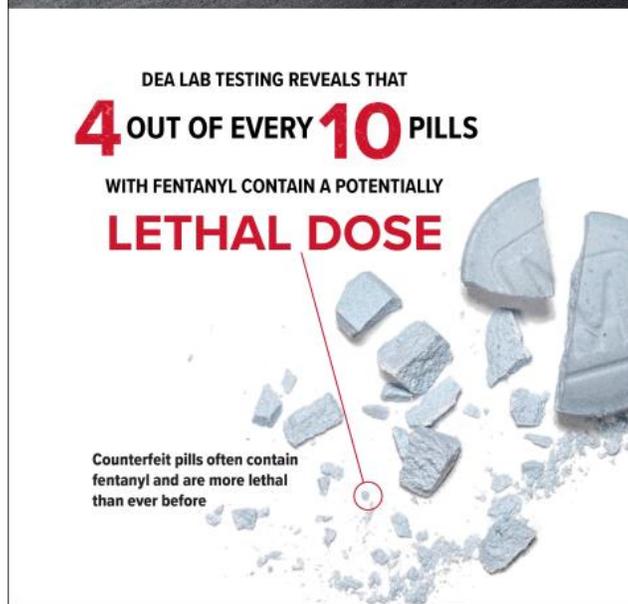
Help Is Available

**CRISIS CAN TAKE
MANY FORMS.**
**MENTAL
HEALTH
SERVICES**

we are
here to help.

24/7 - 365
Call. Text. Chat.
<https://pressone.211md.org/>

See Something, Say Something



- Criminal drug networks are mass-producing fake pills and falsely marketing them as legitimate prescription pills to deceive the American public.
- Counterfeit pills are easy to purchase, widely available, often **contain fentanyl or methamphetamine**, and can be deadly.
- Fake prescription pills are easily accessible and often sold on social media and e-commerce platforms, making them **available to anyone with a smartphone, including minors**.
- Many counterfeit pills are made to look like prescription opioids such as oxycodone (Oxycontin®, Percocet®), hydrocodone (Vicodin®), and alprazolam (Xanax®); or stimulants like amphetamines (Adderall®).





Think you see illegal drug activity in your neighborhood?

Let us know.

Report it anonymously:
HCPDcrimetips@howardcountymd.gov or

410-290-DRUG



 Calvin Ball
County Executive  Howard County
Police Department

Medication and Sharps Collections

Our next drive-thru medication and sharps collection is scheduled for Saturday, April 30 from 10 a.m. to 2 p.m. in the Wilde Lake Village Center parking lot near The UPS Store, Swim Center and tennis courts.

Medications will be guarded and transported by the Howard County Police and Drug Enforcement Administration (DEA). Save the date and gather your items. More details will be shared.



We Need Your Support



We need YOUR financial support to continue offering FREE services.

Donate



For more information, contact

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