

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

There comes a point where we need to stop just pulling people out of the river.
We need to go upstream and find out why they're falling in.

Desmond Tutu

Wishing you much luck this St. Patrick's Day, but luck begins with making plans not to drink and drive.



West Point Cadets Overdose While on Spring Break

The recent national news story of five male cadets from the U.S. Military Academy at West Point and a friend overdosing on cocaine-laced fentanyl during spring break in Florida serves as a harsh reminder that no one is safe, not even healthy, young college athletes.

According to news reports, two of the young men were revived by paramedics using Narcan, an emergency overdose treatment, and rushed to a local hospital. Two others did not respond to the emergency treatment, were hospitalized in critical condition, and intubated in intensive care units. The fifth cadet was not transported to the hospital.

It is believed that two of the cadets not consuming fentanyl attempted to save their friends' lives by performing Cardiopulmonary Resuscitation (CPR). At that time, they may have been exposed to fentanyl, resulting in their overdoses too. Fentanyl can be absorbed through the skin, is stronger than morphine, and can slow a person's breathing and heart rate.

Overdoses involving fentanyl are common, since it can be fatal at low doses

(similar to the size of a grain or two of salt) and drug users are typically unaware that they have taken it. Drug dealers often cut drugs like cocaine and heroin with fentanyl due to its low cost, high availability, and powerful effects that can mimic other drugs. [Read more.](#)

March Madness

March Madness reminds us of the 2022 legalization of all sports betting. March is recognized as Problem Gambling Awareness Month, and this year's theme is Know your Limit, Stay Within It. According to the American Gaming Association, it is estimated 1 in 10 Americans will bet on the tournament spending approximately \$3.1 billion dollars. [Learn more](#) from the National Council of Problem Gambling.

Can children or teens develop gambling issues? Yes. A number of states allow children under 18 to gamble, and youth also participate in illegal forms of gambling such as gambling on the internet or betting on sports in states where it is not legal. Therefore, it is not surprising that a vast majority of kids have gambled before their 18th birthday and that children may be more likely to develop issues related to gambling than adults. While debate continues, there appears to be a number of factors influencing this finding. Parental attitudes and behavior play a role. Age of exposure plays a part, and research shows that adults who seek treatment for problem gambling report having started gambling at an early age.

DEA Lunch and Learn: Monday, March 21

Join the Washington Division of the Drug Enforcement Administration (DEA) each month for their 30-minute Lunch and Learn Series where speakers and special guests will present and review information, regulations and procedures related to the proper handling, dispensing, manufacture, distribution and prescribing of Controlled Substances to prevent diversion and help reduce drug overdoses and deaths in the District of Columbia, Virginia and Maryland (DMV).

Date/Time: Monday, March 21 at 1:30 p.m.
Topic: Overview of DEA Inspection Process - Pharmacies
[Register here for link.](#)

Millions of Americans Combining Opioids and Sedatives

Researchers estimate that 2.6 million American adults are prescribed an opioid, a benzodiazepine and another type of sedative at the same time.

[Click here](#) to read more.

In the KNOW...
About Opioid Misuse



MEDICATIONS FOR OPIOID OVERDOSE, WITHDRAWAL, & ADDICTION

Medications for opioid **overdose**, **withdrawal**, and **addiction** are safe, effective and save lives.

The National Institute on Drug Abuse supports research to develop new medicines and delivery systems to treat opioid use disorder and other substance use disorders, as well as other complications of substance use (including withdrawal and overdose), to help people choose treatments that are right for them.

FDA-approved medications for opioid addiction, overdose, and withdrawal work in various ways.

- Ⓢ Opioid Receptor Agonist
Medications attach to opioid receptors in the brain to block withdrawal symptoms and cravings.
- Ⓢ Opioid Receptor Partial Agonist
Medications attach to and partially activate opioid receptors in the brain to ease withdrawal symptoms and cravings.
- Ⓢ Opioid Receptor Antagonist
Medications block activity of opioid receptors in the brain to prevent euphoric effects (the high) of opioids and alcohol and help reduce cravings.
- Ⓢ Adrenergic Receptor Agonist
A medication that attaches to and activates adrenergic receptors in the brain and helps alleviate withdrawal symptoms.

REDUCES OPIOID USE AND CRAVINGS

Methadone
Daily liquid or tablet
Dolophine®, Methadose®
Generics available

Naltrexone
Monthly injection
Vivitrol®

Buprenorphine
Daily tablet
Monthly injection
Sublocade®
Generic tablets available

**Buprenorphine/
Naloxone**
Daily film under the tongue or tablet
Zubsolv®, Suboxone®
Generics available

TREATS WITHDRAWAL SYMPTOMS

Lofexidine
As-needed tablet
Lucemyra®

REVERSES OVERDOSE

Naloxone
Emergency nasal spray or injection
Narcan®, Kloxxado®
Generics available

Eating Disorders and Substance Use

Individuals with eating disorders are more likely to have a co-occurring substance use issue as well. [Read more](#) about the relationship between eating disorders and substance use.

EATING DISORDERS & SUBSTANCE USE

Up to 50% of individuals with an eating disorder experience co-occurring substance use.



Teens Welcome! TAC Meeting March 21

HC DrugFree's next Teen Advisory Council (TAC) meeting will be held on Monday, March 21 from 5:30 p.m. to 7:00 p.m. [Register here](#) to receive the Zoom link. TAC is open to all Howard County High School Students. Public School, Private School, and Homeschool students are encouraged to join. Community service hours available.

Avoiding Drug-Laced Food

You may have warned your teens about the potential for spiked drinks at parties, but how much have you taught them about the potential for foods to be laced with drugs? Eating marijuana is more likely to lead to overdose than smoking it, especially if the person doesn't know its in there. [Learn more.](#)

Register for Series #2 Parenting Classes

Spring Series 2 Classes will be held **Wednesdays, March 30, April 6, 27, and May 4, 11** from 10:30 a.m. to noon. Registration is near capacity, but we will begin a waitlist if needed, and you will receive an email confirmation if you are registered or waitlisted. [Register here.](#)

For more information: Email Parenting@HCDrugFree.org or visit our [website](#)
Funding provided by the Howard County Health Department, MD Department

of Health, and SAMHSA.

Life Skills Classes: Register Now!

Life Skills Classes Spring Series 2 will be held **May 10, 12, 17, 19, 24, 26, 31 and June 2** from 4:30 p.m. to 6:00 p.m. via Zoom. If you would like to register your child, please complete [this form](#).

For more information: Email LifeSkills@hcdrugfree.org or visit our [website](#)
Funding provided by the Howard County Health Department, MD Department of Health, and SAMHSA.

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. [Learn more or volunteer](#).

We Need Your Financial Support!

[Have you donated to HC DrugFree this year?](#) Please donate today so we can continue providing FREE services to the Howard County community.

[Donate](#)



Additional Resources

Mental Health Crisis? Thoughts of Suicide? Problems with Drugs or Alcohol? CALL 211, then press 1. TEXT your zip code to TXT-211 (898-211). VISIT 211md.org to chat or find additional resources for housing/shelter, utility assistance, food, domestic violence, legal services, and more.

Reverse Opioid Overdose: [Click here](#) to contact the Howard County Health Department to receive free training and Narcan kit.

For more information, contact

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