



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

Your mind is a garden.  
Your thoughts are the seeds.  
You can grow flowers  
or you can grow weeds.

**Important 60-Second Survey!!! (Yes, We Timed It!)**



In 2022-2023, HC DrugFree will host a series of FREE town hall events for the Howard County community. Each event will address a behavioral health (substance use and/or mental health) topic and will feature an expert in the field. The events will be free of charge and open to the entire community.

To help us plan these events, we are asking for input from individuals living in Howard County. Your feedback will help to ensure that we are meeting the needs our community members. Thank you for sharing your time and thoughts with us to keep Howard County families safe and informed!

[Take the 60-second survey!](#) Thank you for your time and support.

**TAC and Parenting Classes Go Hand in Hand**

**Hey Students!**

**Hey Parents & Grandparents!**



HC DrugFree invites all Howard County students in grades 8-12 to join the Teen Advisory Council (TAC). TAC provides a meaningful way for students to volunteer in the community and MAKE A DIFFERENCE all while building a powerful resume for job and college applications!

Our next meeting is Monday, October 17 at 5:30 p.m. on Zoom. Register today to join TAC and make a difference! [Learn more.](#)



Want to learn how to shape your child's attitudes and behaviors to reduce the likelihood that your children will use drugs, alcohol, and vaping?

[Register now](#) for HC DrugFree's Parenting Classes, which will be held September 21, 28, & October 12, 19, 26 from 11:30 am to 1:00 p.m. via Zoom.

For more information, visit our [website.](#)

## How Parents Can Support Kids' Friendships

Peers have a huge influence on how adolescents act, and parents often feel like they lose a lot influence during those years. But parents often have more influence than they realize. One way to help adolescents make good choices is to have them spend time with other adolescents who are making good choices. Here are some [tips for parents](#) to effectively exercise their influence:

- Encourage their interests
- Ask neutral questions about their friendships and encourage them to be thoughtful about who they spend time with and why
- Show interest in their social lives and get to know their friends

**Register for the FREE Parenting Classes in the box above to learn more tips like these and other useful information.**

## Be in The KNOW about Marijuana

# Do You Know About Marijuana?

## Talk With Your Kids About the Facts.

### Marijuana: Did You Know?

Marijuana use may have a wide range of effects, both physical and mental.



### Talk With Your Kids About the Facts.

Marijuana can cause cognitive and physical issues such as breathing problems; increased heart rate; poor judgment and decision making; and difficulty with attention, concentration, coordination, problem solving, learning, and memory.<sup>1,2</sup>

Young kids are using marijuana.



Approximately 1.2 million kids ages 12 to 17 used marijuana for the first time in the past year. That is about 3,300 kids a day.<sup>3</sup>

Marijuana can be addictive.



Nearly one in three people who use marijuana may have some degree of marijuana use disorder.<sup>4</sup> Nearly one in 10 people who try marijuana also become addicted to it.<sup>5</sup>

Teens have a higher risk than adults of becoming addicted to marijuana.



Nearly one in three people who use marijuana may have some degree of marijuana use disorder.<sup>6</sup> One in six people who start using marijuana as teenagers will become addicted.<sup>7</sup>

<sup>1</sup> Crane N. A., Schuster R. M., Mermelstein R. J., Gonzalez R. (2015). Neuropsychological sex differences associated with age of initiated use among young adult Cannabis users. *J. Clin. Exp. Neuropsychol.*

<sup>2</sup> Meier, M. H., Caspi, A., Ambler, A., Harrington, H., Houts, R., Keefe, R. S. E., McDonald, K., Ward, A., Poulton, R., & Moffitt, T. E. (2012). Persistent cannabis users show neuropsychological decline from childhood to midlife. *PNAS*, 109(40): E2657-E2664.

<sup>3</sup> Crane, N. A., Schuster R. M., Mermelstein R. J., Gonzalez R. (2015). Neuropsychological sex differences associated with age of initiated use among young adult Cannabis users. *J. Clin. Exp. Neuropsychol.*

<sup>4</sup> Hasin, D. S., Saha, T. D., Kerridge, B. T., et al. (2015). Prevalence of Marijuana Use Disorders in the United States Between 2001–2002 and 2012–2013. *JAMA Psychiatry*, 72(12):1,235–1,242. doi:10.1001/jamapsychiatry.2015.1858.

<sup>5</sup> Crane, N. A., Schuster, R. M., Mermelstein, R. J., Gonzalez R. (2015). Neuropsychological sex differences associated with age of initiated use among young adult Cannabis users. *J. Clin. Exp. Neuropsychol.*

<sup>6</sup> Hasin, D. S., Saha, T. D., Kerridge, B. T., et al. (2015). Prevalence of Marijuana Use Disorders in the United States Between 2001–2002 and 2012–2013. *JAMA Psychiatry*, 72(12):1,235–1,242. doi:10.1001/jamapsychiatry.2015.1858.

<sup>7</sup> Hall W, Degenhardt L. Adverse health effects of non-medical cannabis use. *Lancet* 2009;374:1383–91.

Start talking with your kids about the facts. For tips on how—and when—to begin the conversation, visit [www.underagedrinking.samhsa.gov](http://www.underagedrinking.samhsa.gov).



SMA-18-5077

Click on image to download and print.

Quick and Easy Help Available



**Thoughts of Suicide?**

**Mental Health Crisis?**

**Substance Use Crisis?**

**Call or Text  
988**

**HCDrugFree**  
Empowering the Community

## Follow and Like Us

Join our social media community for more content and easy ways to share important and potentially life-saving information with your friends and network.

Remember: **Knowledge is Power** and together we can help keep our community informed, safe, and **In the KNOW**.

Follow us on [Facebook](#), [Twitter](#), [Instagram](#), and [LinkedIn](#)!



**Save the Date: Medication and Sharps Collection**



Don't know what to do with your  
leftover meds & sharps?

We can help.

**SAVE THE DATE!**

**Medication & Sharps Disposal**

**HCDrugFree**  
Empowering the Community

Saturday, October 29 10 a.m. - 2 p.m.

Wilde Lake Village Center in Columbia

[www.hcdrugfree.org](http://www.hcdrugfree.org)



Safely dispose of:

- Prescription Medication
- Over-the-counter medication
- Sharps (Syringes, Needles, Epi-Pens, etc.)
- Vitamins
- Pet Medication
- ...and more!

Message provided by HC DrugFree & the Howard County Police with funding from Howard County Health Department, MDH & SAMHSA

**Become a Friend of HC DrugFree**



Make your donation today to become a **Friend or Sponsor of HC DrugFree**. We depend upon the generosity of individuals, organizations, and businesses to support our free services. Please make a gift of any size today.

**Donate**



**Additional Resources**

For more information, contact

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