

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



“Summertime is always the best of what might be.”

-Charles Bowden

DEA Warning: ‘No Second Chances’ for Kids



[Watch Video](#)

DEA Administrator Anne Milgram discussed the fentanyl epidemic, including the roles of social media, Mexico, and China on NBC News' "Meet the Press" with Chuck Todd. Milgram said there are "no second chances" for kids who find fake pills on social media.

Starts on Monday: Free Life Skills Classes for HoCo Students

Taught by college students with high school student assistants!

Back by Popular Demand! HC DrugFree is offering another FREE evidence-based program for Howard County students in **grades 6-9** (slightly younger/older will be considered and parents will be contacted) to enhance decision making, self-management and communication skills essential to physical and emotional health and safety. We encourage siblings/friends to enroll together.



July 17, 18, 19, 20, 24, 25, 26, and 27 from 10:00 a.m. to 11:30 a.m.

[Learn More & Register](#)

Join our Life Skills Team!

High School Mentors (Volunteer) - Seeking **high school students in grades 9-12** to volunteer as student role models/mentors for our Life Skills

students. Community service hours available. [Apply to Volunteer](#)

College Student Instructors (Paid) - Seeking 2-3 college students raised in Howard County for a virtual position teaching and/or assisting with our Life Skills classes. [Apply for Employment](#)

Words Matter: Updated Terminology Regarding Addiction

In the *KNOW*... Addiction

Reduce the stigma surrounding
addiction by using updated terminology

Instead of...	Say...
X Addict/User/Junkie	Person with substance use disorder
X Alcoholic/Drunk	Person with alcohol use disorder
X Habit	Substance use disorder or addiction
X Abuse	Use, Misuse, or Used other than prescribed
X Clean	Testing negative or being in recovery
X Former Addict	Person in recovery

HCDrugFree
Empowering the Community
www.hcdrugfree.com

When discussing addiction, it is crucial to be mindful for the language we use, as it can significantly impact the well-being of others and contribute to the stigma surrounding substance use disorder (SUD). By adopting person-first language and avoiding stigmatizing terms we can reduce negative bias and foster a more compassionate and supportive environment for individuals seeking help or in recovery. [Learn more](#)

DEA Lunch & Learn: "Strengthening Our Partnerships"

Thursday, July 13 | 1:30PM EST

Join the Drug Enforcement Administration (DEA) for a 30-minute LIVE session where DEA speakers and Special Guests present and review information, regulations and procedures related to the proper handling, dispensing, manufacturing, distribution and prescribing of Controlled Substances to prevent diversion and help reduce drug overdoses and deaths in the District of Columbia, Maryland and Virginia.

The event is free and open to the first 1,000 attendees, but registration is required. [Register Here](#)

Warning: Boat Jumping Challenge

While it's not new, a dangerous viral stunt called the boat jumping challenge is back in the news and being repopularized on social media platforms, such as TikTok. Young people are filming each other jumping and flipping off speeding boats. Recent reports include broken bones, broken necks, and even death, but unfortunately, the videos come across as breezy summer fun akin to tubing or water skiing.



If you don't know what the boating jumping challenge is and why it's actually dangerous, you need to learn more before the youth in your life go boating with friends or family this summer. Never assume your teens understand the dangers of these popular challenges (or that, under certain circumstances, jumping into the water can be like diving onto cement). [Read More](#)

Medication Storage/Disposal



When traveling this summer, keep your medications in the original containers, and be sure to store them somewhere secure and out of sight. It can also be helpful to keep a record of exactly what medications you have on hand and the amount of each. Safe Travels!

You Make a Difference in Howard County

Together, we can educate youth and families in Howard County and make a difference in young lives. Donations of any size will help us to continue providing free services and resources for another year.

[Donate](#)



Resources

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

Help for Depression, Suicidal Thoughts or Other Mental Health Issues: Call or text 988.

Substance Use Disorder Regional Residential Treatment Guide: [Click here](#) to download the guide.

Additional Resources: [HC DrugFree Hotlines & Resources Page](#)

For more information, contact

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