

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

**You don't have to see the whole staircase  
to take the first step.**

- Martin Luther King, Jr.

### Save the Date: Upcoming Events

- **February 7 - March 28:** [Life Skills Classes](#) (HoCo Students grades 6-9)
- **March 6:** [Teen Advisory Council meeting](#)
- **April 11:** [Deadline to Submit Film for the HoCo Student Film Festival](#)
- **April 22:** [Drive-Thru Medication & Sharps Disposal Event](#)
- **May 2 - 30:** [Parenting Classes](#) (Series of 5 classes. More information about registration will be shared in coming weeks. Held Tuesdays in May from tentatively 6:30-8:00 p.m.)
- **May 5:** [HoCo Student Film Festival](#)

### Fans Don't Let Fans Drive Drunk



Each year, the Super Bowl garners millions of viewers, with many taking the opportunity to cheer on their favorite team with a night out or by attending a party. To help keep Americans safe on the roads, the U.S. Department of Transportation's National Highway Traffic Safety Administration (NHTSA) is reminding football enthusiasts that *Fans Don't Let Fans Drive Drunk*. This year, the Big Game falls on Sunday, February 12. If you plan to drink alcohol, plan for a sober ride home. If you're hosting a party, take care of your guests. Keep reading for tips on how to stay safe on Super Bowl Sunday.

### Designated Drivers

- Take your role as designated driver seriously — people are relying on you. If you're attending a party, enjoy the food and nonalcoholic drinks. Refrain from any alcoholic beverages or other drugs.
- Boast about your MVP status on social media using the hashtag #DesignatedDriver. Your positive influence could help keep other sober drivers on the right track.
- Always buckle your seat belt and require any passengers to do the same. Don't start the car until all passengers' seat belts are buckled.
- If someone you know has been drinking and tries to drive, take their keys and help them get home safely. They may complain, but they'll thank you later.

### Prepare for a Safe Huddle

If you plan to attend a party, make sure your evening includes a plan for getting home safely. Follow these safety tips, and you'll be on your way to being an

MVP.

- You know the rules: It's illegal to drive drunk. Before you head out to a Super Bowl party, make a game plan that includes a sober driver — someone who will not drink at all, and will safely bring you home.
- Make sure your designated driver is actually sober. If he or she decides to drink unexpectedly, call a sober ride.
- When you ride home with your sober driver, make sure you — and your driver — wear your seat belts. It's your best defense in a crash.
- If available, use a community's sober ride program or use a rideshare option such as Lyft or Uber.

### **Hosts**

If you are hosting a Super Bowl party, be sure all your guests have a sober ride home.

- Ask your guests to designate their sober drivers in advance.
- Encourage your drinking guests to pace themselves, eat food, and drink plenty of water.
- Serve a selection of nonalcoholic drinks.
- Do not serve alcohol to minors. If an underage person drinks and drives, the person who provided the alcohol can be held liable for any damage, injury, or death caused by the underage driver. In fact, you can face jail time if you host a party where alcohol is served to people under the age of 21.

### **Know the Risks**

Impaired driving is a serious problem with serious consequences. Don't become another statistic.

- In 2020, there were 11,654 people killed in alcohol-impaired-driving crashes.
- Drunk driving can have a range of consequences, including the possibility of causing a traumatic crash. These crashes could cause you, someone you love, or a total stranger to suffer serious injuries or even death. The social and emotional ramifications of drunk driving are far-reaching as well; imagine having to live with the knowledge that you made a choice that caused someone else's injury or death.
- The financial impact from impaired-driving crashes is devastating on our economy. Based on 2010 numbers (the most recent year for which cost data is available), impaired-driving crashes cost the United States \$44 billion annually.

For Super Bowl LVII, be a team player and remember: [Fans Don't Let Fans Drive Drunk](#). For more information on the dangers of drunk driving, visit

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**Call or Text 988 - You Are Not Alone**



### [Watch Now](#)

The 988 Suicide & Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States. We're committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness. [Learn more](#)

### **Patriot's Rob Gronkowski: 'Super Depression'**

Rob Gronkowski may have won three Super Bowls during his time as a tight end with the New England Patriots, but in a recent interview with Up & Adams the retired NFL pro shared how his mental state didn't always line up with the victories he and his team were experiencing on the field. [Read more](#)

### **HoCo Student Film Festival**

The 19th Annual HoCo Student Film Festival will be held on **Friday, May 5** at the Miller Library in Ellicott City. Again this year, HC DrugFree is sponsoring a PSA category with the theme of 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 how to avoid substance use/misuse including legal prescription and over-the-counter medication, illegal



drugs including pills purchased online, alcohol, nicotine, etc.

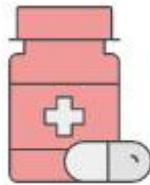
**Deadline to submit films: Tuesday, April 11**

It's time to say ACTION! [Learn more](#)

## Medication Storage/Disposal

# In the *KNOW*...

## About Medication & Sharps Disposal



Expired or unwanted medication may be misused intentionally or unintentionally.



Flushed medications may pollute our water supply and the surrounding environment.



Improperly disposed of sharps may result in injury to yourself or others!

## Help us keep our community safe!

**HCDrugFree**  
Empowering the Community  
[www.hcdrugfree.org](http://www.hcdrugfree.org)

Save the date for our next drive-thru medication and sharps collection: **Saturday, April 22 in the Wilde Lake Village Center** parking lot. We will accept prescription and over-the-counter medications, sharps (needles, syringes, EpiPens, etc.), vapes, inhalers and more. Teen, adult and medically-trained adult volunteers wanted!!! More information about volunteering will be shared closer to the event. [Learn more](#)

## Donations

HC DrugFree relies on donations from people like you! Your generosity helps us continue to offer the programs, resources, and events that help make

Howard County a safer, wiser, and more connected community. Make a difference with your dollars: [Make your tax-deductible donation today!](#)

Donate



## Follow and Like Us on Social Media

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!**



## See Something, Say Something

**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

## Additional Resources

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

**Mental Health or Substance Use Crisis Service:** Contact [Grassroots Crisis Center](#) by calling 410-531-6677 (local) or 9-8-8 (national) for Mental Health Walk-in Services.

**Gambling with Your Future:** Call, text or chat 1-800-GAMBLER for free confidential, compassionate help with gambling problems.

For more information, contact

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