

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

If speaking kindly to plants helps them grow, imagine what speaking kindly to humans can do

Unknown

Save the Date: Upcoming Events

- April 17: [Teen Advisory Council Meeting](#)
- April 22: [Drive-Thru Medication & Sharps Disposal Event](#)
- April 25: [Senior Week: Staying Safe in Ocean City Presentation](#)
- Starting May 2: [Free Classes for Parents & Guardians](#)
- May 5: [HoCo Student Film Festival](#)

HoCo: Ask Your Questions



Have you ever wanted to ask someone about vaping, alcohol or other drugs, mental health, or other behavioral health topics? Ever wished you could just pick the brain of someone who may know more than you or have a different

opinion or experience? Well, now you can. HC DrugFree presents: Ask a Clinician.

All you have to do is click on the link and submit your anonymous question. Each month we will publish one or more answers in our newsletter and social media channels so that we can all learn together!

Partnering with HC DrugFree to make Ask a Clinician happen is Mark Donovan, Licensed Clinical Professional Counselors (LCPCs), Licensed Clinical Alcohol and Drug Counselor (LCADC) with [Congruent Counseling & Integrative Counseling](#).



410-740-8066

[Submit your question here](#)

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Medication Lock Box Giveaway...The Sequel



Executive Director Joan Webb Scornaienchi showing a medication storage lockbox to Lieutenant Kurt Wall from the Howard County Office of the Sheriff during the October 2022 Medication & Sharps Disposal Event.

Our medication lockbox giveaway was so popular during our October event that we decided to do it again! So, be sure to attend HC DrugFree's Medication

& Sharps Disposal event on Saturday April 22 between 10 a.m. - 2 p.m. to claim one of our 100 aluminum combination lockboxes. Be sure to come early, though! Last time, all of the lockboxes were given out within the first hour!

[Learn more](#)

Free Parenting Class is Back by Popular Demand



Guiding Good Choices

Free Parenting Classes

Since HoCo students say that parents influence their behavior and decisions, now is a great time for **HoCo Parents, Grandparents and Guardians** to participate in Guiding Good Choices, a FREE parenting class provided by HC DrugFree.

In Guiding Good Choices you'll learn:

- How to encourage your child to adopt healthy attitudes and behaviors
- How to communicate more effectively
- How to build a relationship of trust
- and much more!

[Register now](#) for HC DrugFree's Parenting Classes, which will be held

Spring Cleaning



Anonymous blog submission by busy mom and grandmother:

Remember when spring cleaning meant that mom was cleaning the house from top to bottom - windows were opened to let in the fresh air; clothes were hung out on the line; baseboards and walls were wiped down and blankets were taken outside? Old and broken items were discarded to make way for new items. It seemed everything got a little extra attention and was cleaned or tossed.

I always enjoyed the smell of the house when mom cleaned, but I have really leaned into the Discarding Diva role. On a regular basis rooms, clothes, books, food and medicines are gone through to look for expiration dates. Some things are easier to dispose of such as trash or a box of clothes, household goods and books for donation, but unused or expired medication takes a little more effort to discard.

Unused or expired medications need to be disposed of properly. No, they don't go down the drain or toilet unless it is specifically noted in the instructions. The Food and Drug Administration (FDA) has a list of flushable medications; however, it is best to dispose of them properly so as not to endanger the environment or our public health. The best option is to gather up expired and unused medication - over the counter and prescription drugs, sharps (i.e. syringes, EpiPens, needles, etc.), inhalers, vitamins, vapes (batteries removed), and more - and take them to the [HC DrugFree's Medication & Sharps Disposal event](#) at the Wilde Lake Village Center parking lot on April 22 from 10 a.m. to 2 p.m. Suddenly, medication disposal doesn't need to feel

so overwhelming!

Saturday, April 22: Medication and Sharps Collection

Medication & Sharps Disposal

Saturday April 22 • 10 a.m.-2 p.m.



Safely dispose of:

- Prescription medication
- Over-the-counter medication
- Sharps (syringes, needles, EpiPens, etc.)
- Vitamins
- Pet Medication
- Vape devices (with batteries removed)
- Inhalers
- And more!

Wilde Lake Village Center Parking Lot
5305 Village Center Drive, Columbia 21044

We are giving
away 100 FREE
Medication
Lockboxes!



First come, first served. Limit 1 per vehicle.

HCDrugFree
Empowering the Community
hcdrugfree.org

Dispose of your expired or unwanted items at HC DrugFree's FREE and convenient drive-thru medication & sharps disposal in the Wilde Lake Village Center parking lot near the Columbia Swim Center and Slayton House on Saturday, April 22 between 10 a.m. and 2 p.m.

We are accepting:

- Prescription medication
- Over-the-counter medication
- Vitamins
- Vape devices (with the batteries removed, please!)
- Inhalers
- Sharps (EpiPens, syringes, needles, etc.)
- Veterinary medications

We are giving away 100 medication storage lockboxes so come early because these aluminum combination lockboxes won't last long! (First come, first served. No holds. Limit 1 per vehicle.)

Volunteers Needed!

Volunteers Needed



Register Today!

HC Drug Free
Empowering the Community



As always, we depend on community volunteers to help make each drive-thru collection event a success. Volunteer positions are flexible, so we have jobs ready for youth and adults, seated and standing, medically-trained and non-medical personnel. If you're willing to assist for all or part of the event, we'd be so grateful. Volunteer check-in begins at 9:15 a.m. on Saturday, April 22 and the event runs from 10 a.m. to 2 p.m. If you're ready to don neon green and help make a difference in our community, please REGISTER ASAP at the links below!

Adult
Volunteers

Medically-Trained
Volunteers

Youth
Volunteers

Suicidal Thoughts? **KNOW** the Steps to Save a Life

How to support a friend or loved one who is having thoughts of suicide.



[Watch Video](#)

Surgeon General Warns Against Social Media for Youth



Surgeon General Dr. Vivek Murthy has raised concerns about the negative effects of social media on the mental health of young people. He emphasizes that social media use among youth can contribute to increased rates of anxiety, depression, and loneliness, and urges parents and caregivers to limit their children's use of social media. Dr. Murthy also calls on social media companies to take responsibility for their role in these negative effects and to prioritize the well-being of their users. [Read more](#)

Cancer and Heart Health: What Role Does Alcohol Play?

Many people are aware of risks (such as tobacco, unhealthy foods and beverages, and lack of exercise) for cancer and heart disease. Do you also know about the risks posed by alcohol? [Read more](#)

HoCo High School Seniors and Their Parents/Guardians

Brought to you by

HC DrugFree
Empowering the Community

Senior Week:

Staying Safe in Ocean City

Join us for “Senior Week: Staying Safe in Ocean City” a live Zoom presentation to be held on Tuesday, April 25 at 7 p.m.

Are you ready for Senior Week in Ocean City? While Senior Week can be fun for recent high school graduates, each year many teens opt to engage in risky behaviors that can sour the experience for themselves and others. In an effort to keep our kids safe, HC DrugFree is hosting a Live Zoom presentation on April 25 at 7 p.m. for graduating High School seniors and their families.

We remain committed to helping teens keep themselves and each other safe while helping them, and the parents/adults who care about them to understand some of the many dangers facing unsupervised youth. It is our hope that by hosting this program, Howard County teens planning to attend Senior Week will have additional information to make wise decisions. We are not promoting Senior Week and not encouraging teens to participate in unchaperoned events.

Registration required.

[Learn more](#)

Register

HC DrugFree is Hiring



Looking for help with new spring and summer projects as well as ongoing positions. Looking for part-time work that has a positive impact on our community? Want a job you feel good about doing? HC DrugFree is hiring!

Currently, positions are mostly but not entirely remote, so must be willing/able to work from office or attend

community events during day, evening and weekends if/as needed. Potential for advancement.

To apply please upload a resume and cover letter at <https://www.surveymonkey.com/r/HCDFEmploymentApp>

[Learn more](#)

Donations

HC DrugFree relies on donations from community members like you. [Make your tax-deductible donation today!](#)



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!**



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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