

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



**Blossom by blossom the  
spring begins.**

Algernon Charles Swinburne



## Save the Date: Upcoming Events

- **April 11:** [Deadline to Submit Film for the HoCo Student Film Festival](#)
- **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](#)

## Enjoy Spring Break

Spring break is an opportunity for families to spend quality time together. Whether you are traveling near or far, attending community or worship events, exploring nearby parks, or simply enjoying time at home, spring break provides an opportunity for families to bond and create lasting memories.

No matter how old you are, talk to your kids because they are listening. Listen to your kids because they have a lot to say.

**April is HC DrugFree's Drug & Alcohol Awareness Month**

# Drug & Alcohol Awareness Month

April is HC DrugFree's Drug and Alcohol Awareness Month. This annual event is another opportunity to raise awareness about the dangers of drug and alcohol misuse, as well as promote healthy behaviors and positive decision-making among youth and families in Howard County.

HC DrugFree's Drug and Alcohol Awareness Month also coincides with our [Spring Medication & Sharps disposal event](#) and other programs and events making this one of the most important months of the year for our organization. We hope that you will help us observe Drug and Alcohol Awareness month by attending one of our events, spreading the word about the many free resources we provide to Howard County, and by making healthy choices for yourself, your family, and for the greater community!

## Senior Week



Senior Week: Staying Safe in Ocean City will be held on Tuesday, April 25 at 7 p.m. on Zoom.

While HC DrugFree is not encouraging unsupervised teen vacations and we hear the many stories of what goes very wrong each year, we promote youth safety throughout the year and this includes during Senior Week. This program is for Howard County graduating seniors and their families to learn some helpful tips to enjoy a memorable and hopefully, safe Senior Week.

## Naloxone

In the ***KNOW***...

**Naloxone**

**Reverse an overdose.  
Save a life.**

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



**HCDrugFree**  
Empowering the Community

On March 29, the U.S. Food and Drug Administration (FDA) announced the approval of the first over-the-counter Naloxone nasal spray for nationwide distribution. Beginning soon, individuals will be permitted to purchase the medication without a prescription. In Maryland, Naloxone has been available at most pharmacies without a prescription since 2016. [Learn more](#)

**Free Parenting Classes Starting Soon**

# Guiding Good Choices

## Free Parenting Classes



HoCo students say that parents influence their behavior and decisions, so 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 to be held on all five Tuesdays in May (May 2, 9, 16, 23, and 30) from 6:30 p.m. – 8 p.m. via Zoom. For more information, visit our [website](#)

### Hurry to Submit: 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.

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 may encourage one another through mental health challenges, dealing with peer pressure, and most of all, how to avoid substance (drugs, alcohol, nicotine) misuse.

The deadline to submit films is Tuesday April 11, so it's time to say ACTION! [Learn more](#)

## Save the Date: Medication and Sharps Collection



HC DrugFree's next convenient drive-thru medication & sharps disposal event, aka Drug TAKE BACK Day) is coming up in less than a month! Mark your calendars, clean out your medicine cabinet, and join us on Saturday, April 22 from 10 a.m. - 2 p.m.

Safely dispose of:

- Prescription medication
- Over-the-counter medication
- Vitamins
- Vape devices (with the batteries removed, please!)

- Inhalers
- Sharps (EpiPens, syringes, needles, etc.)
- Veterinary medication
- AND MORE!



We are, once again, giving away 100 medication lockboxes for FREE, so be sure to come early to claim yours!

[Learn more](#)

# Volunteers Needed



Register Today!  
**HCDrugFree**  
 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

## How else can you help?



We need your tables!!

We need tables for our medication and sharps disposal event. If you have one or many that we could borrow, again, we'd be so grateful. Drop off at 9 a.m. and pick up at 1:45 p.m. in the Wilde Lake Village Center parking lot near the Swim Center. Please use tape on the underside of the table to mark with your name and contact info so we can make sure tables are returned to their owners.

If you have a table(s) we can borrow, please fill out this form to let us know!  
<https://www.surveymonkey.com/r/TablesSpr2023>

Provide Table(s)

**Medication Storage Safety**



# WHAT TO KNOW ABOUT STORING MEDICINE

## JUST ONE MINUTE

In ER visits for medicine poisonings, parents often say that they only turned their back for a minute.



## CURIOUS CLIMBERS

Research indicates in about half of over-the-counter poisoning cases, the child climbed on a chair, toy or other object to reach medicine.



## CHILD-RESISTANT ≠ CHILDPROOF

Research suggests about half of accidental poisonings involved child-resistant packaging.



## EVERY 9 MINUTES,

a young child (under age 6) goes to the ER because he/she got into medicine, and



## EVERY HOUR,

a young child is hospitalized, and



## EVERY 12 DAYS

a young child dies.



- Put all medicine up and away, out of children's reach and sight. Remember to keep visitors' purses, bags and coats out of reach, as they may contain medicine.
- Remember, child-resistant packaging is not childproof. Put medicine away immediately after every use, even if you need to give another dose in a few hours.
- Save the Poison Help number - 1-800-222-1222 - in your phone and post it visibly at home so other caregivers can find it in an emergency.

[Download Fact Sheet](#)

## Donations

HC DrugFree relies on donations from community members like you. [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!**



## 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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