

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



“Be yourself; everyone else is
already taken.”

Oscar Wilde



Save the Date!

- June 2023: [Happy Pride Month!](#)
- June 14: [Flag Day](#)
- June 18: Father's Day
- June 19: [Juneteenth](#)
- July 17-27: [Free Life Skills Classes for HoCo Students](#)

Free Life Skills for HoCo Students Coming This Summer!



WHAT?

Life Skills is an evidence based program for Howard County students in **grades 6-9** to enhance decision making, self-management and communication skills essential to physical and emotional health and safety. If your student is **slightly older/younger**, please register and we will look at the registration. **We encourage siblings/friends to enroll together.**

WHEN?

Monday through Thursday for 2 weeks: **July 17, 18, 19, 20, 24, 25, 26, and 27** from **10:00 a.m. to 11:30 a.m.**

WHERE?

Life Skills sessions are currently being held online. The links will be provided prior to each class. Please ensure that you have downloaded Zoom prior to our sessions beginning.

HOW?

Students need a personal device equipped with a webcam and high-speed internet access. Students will connect with their teacher and other students using FREE Zoom conferencing software which will be downloaded to their device prior to class.

REGISTER TODAY!

Please **[REGISTER TODAY](#)** as space is limited. Once registered you will receive an email confirmation that provides more details about the program sessions.

If you have any questions please email us at LifeSkills@hcdrugfree.org

[Download Printable Flier](#)

Thank you to our funders: the Howard County Health Department, MD Department of Health, and SAMHSA.

High School Mentors Wanted!

Seeking **high school students in grades 9-12** to volunteer as student role models/mentors for our Life Skills classes geared toward middle school students. High school volunteers will be assisting our team of college student teachers and adult facilitators this summer. Along with the younger students, high school volunteers will learn a variety of practical skills by attending the classes, but in addition, they may earn **Community Service Hours** and acquire valuable experience for future college and employment applications.

[Apply to Volunteer](#)

Changes to Maryland's Cannabis Laws Coming Soon

In the *KNOW*...

Maryland Legalization of Recreational Marijuana

Starting July 1, 2023:

- Legal for 21+ only, doesn't apply to underage users
- Increased allowable possession
- Civil fines instead of criminal penalties
- No changes for medical cannabis users
- Adults 21+ can grow 2 plants at home, out of public view
- No cannabis in public places or vehicles
- Remains illegal under federal law

HCDrugFree
Empowering the Community
www.hcdrugfree.com

Are you IN THE KNOW about the changes to Maryland's Cannabis laws? These changes are going into effect starting on July 1, 2023. [Learn More](#)

Maryland Public Opinion Survey

Are you a Maryland Resident aged 18 or older?

The Behavioral Health Resources and Technical Assistance Program at the University of Maryland School of Pharmacy is conducting an anonymous research study, and they want to hear your thoughts about perceptions, awareness, and use of prescription and illicit drugs.

Participants have the option to be entered into a drawing for up to \$95. [Take the Survey](#)

ARE YOU A MARYLAND RESIDENT AGE 18 OR OLDER?

IF SO, WE WANT TO HEAR YOUR THOUGHTS



Men's Health Month

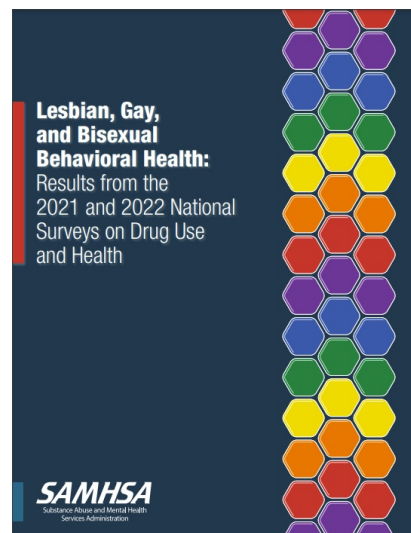
June is Men's Health Month, an observance to raise awareness of preventable health problems, encourage early detection and treatment of disease, and improve overall well-being among men and boys. Spread the word that the key to long and healthy lives for men starts with preventive health care, healthy eating and exercise. [Read More](#)

Howard County Schools Sue Social Media Companies

Howard County Public Schools has filed a lawsuit against several social media companies alleging their products are detrimental to its student body's mental health. [Read More](#)

New Data on Lesbian, Gay & Bisexual Behavioral Health

The Substance Abuse and Mental Health Services Administration (SAMHSA) released a new data report **Lesbian, Gay, and Bisexual Behavioral Health: Results from the 2021 and 2022 National Surveys on Drug Use and Health**, indicating that lesbian, gay, and bisexual adults are more likely than straight adults to use substances, experience mental health conditions including major depressive episodes, and experience serious thoughts of suicide. [Read More](#)



Store Medication Safely

HC DrugFree is Hiring!

Join the Team!



Start date as early as July 1:

Looking for long-term 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 remote, but the right candidate must be willing/able to work from office or attend community events if/as needed.

Potential for advancement!! [Learn More](#)

College Students Wanted for Paid Virtual Position

We are looking for college students raised in Howard County and available to assist online.

Do you know a college student considering a career in public health, education, drug & alcohol prevention, or who is interested in learning more about the inner workings of nonprofit organizations? How about a college student who is a good role model and likes working with younger students?



HC DrugFree is looking for responsible students to help with some of our programs. We offer a variety of opportunities to gain experience with the flexibility of working virtually from anywhere. Our experiences will also be a great addition to a resume, applications, and future job interviews.

We are looking for college students to teach and/or assist with our Life Skills classes for middle school students **July 17, 18, 19, 20, 24, 25, 26, and 27** from **10:00 a.m. to 11:30 a.m.**

HC DrugFree plans to hire 2-3 college students for this paid opportunity. [Complete Survey.](#)

Donate Today

It's simple. If you like our work, please donate today.

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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