

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



“Dare to love yourself as if you were
a rainbow with gold at both ends.”



-Aberjhani

Dates to Remember!

- **June 2023: [Happy Pride Month!](#)**
- **June 5: [Teen Advisory Council Meeting](#)** for students in grades 8 to 12
- **June 14: [Flag Day](#)**
- **June 18: Father's Day**
- **June 19: [Juneteenth](#)**
- **July 17-27: [Free Life Skills Classes for HoCo Students](#)**

HoCo Contributed: More than 17 Million Pounds of Meds



On April 22, 2023, the Drug Enforcement Administration (DEA) and its partners came together once again to protect our communities from prescription misuse by safely disposing of **663,725 pounds** of unneeded medications at nearly 5,000 collection sites across the country.

Total all-time weight collected on these national collection days: **17,300,454 pounds** (8,650 Tons)

HC DrugFree is proud to partner with the DEA, Howard County Police Department, and many other partners for National Take Back Day since 2012. Together on April 22, we collected **1,234 pounds** of medication at the HC

[Read more](#)

Free Life Skills for HoCo Students Coming This Summer!



This summer, your kids will be watching and listening to the people around them, so why not have them **learn from positive Howard County college and high school student role models** in a safe environment?

What will they learn?

1. That most Howard County kids aren't using drugs - so don't give in to "everyone is doing it" pressure
2. How to say no to risky behaviors while keeping their friends
3. How to better protect themselves from a variety of danger
4. *Much more!*

HC DrugFree is providing another series of *FUN* and interactive skills-based classes designed to promote positive health and personal development for students entering **grades 6 to 9**.

High school students in grades 9-12 may volunteer to work with our team of college and high school student and adult facilitators this summer. Just like the younger students, high school volunteers will learn a variety of practical skills by attending the classes, but in addition, they may acquire **valuable experience for future college and employment applications**.

We encourage **siblings and friends** to take these classes together, so if you have slightly younger or older students, please let us know and we will consider them as well.

Classes will be held **July 17, 18, 19, 20, 24, 25, 26, and 27** from **10:00 a.m. to 11:30 a.m.** via Zoom.

For more information and to register, visit our [website](#). Thank you to our funders: the Howard County Health Department, MD Department of Health,

and SAMHSA.

[Download Printable Flier](#)

College Students Wanted for Paid Virtual Position

Accepting Applications.

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

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. Interested college students should complete this [survey](#).



How Dots on a Map Are Helping Combat the Fentanyl Crisis



[Watch Video](#)

The [Overdose Mapping and Application Program \(ODMAP\)](#) is being used by communities to combat the fentanyl epidemic by tracking opioid overdoses in real-time. Through the system, areas with higher numbers of overdoses have been identified, allowing for targeted distribution of Narcan, an opioid overdose reversal medication. The system not only enables faster emergency response and hospital preparation but also helps law enforcement trace the source of the drugs, ultimately saving lives. [Read more](#)

Celebrate Graduation Safely

In the *KNOW*... **Hosting a Graduation Party** **Can Cost More Than You Think**

Unanticipated Costs of Allowing Underage Drinking:

- Fine: up to \$5,000
- Legal fees: \$1,500 - \$10,000
- Civil Lawsuit if someone is injured or killed
- Potential arrest and criminal prosecution
- A lifetime of regret if the unthinkable happens

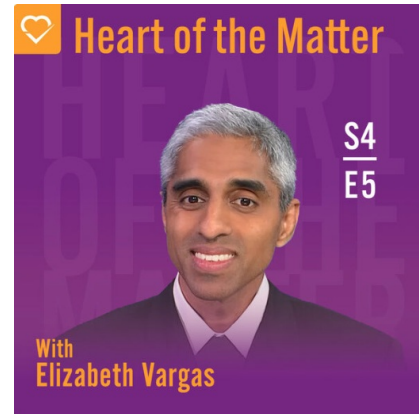
Be a Parent *Not* a Friend
Don't Make Alcohol Available to Teens

HCDrugFree
Empowering the Community
www.hcdrugfree.com

For more about hosting safe graduation celebrations check out this recent blog post submitted by a parent of a graduating HoCo Student. [Read more](#)

The Surgeon General of the United States, Dr. Vivek Murthy, recently made history by declaring a loneliness epidemic. Feelings of loneliness are on the rise, especially among young people, which can lead to serious health risks.

During this episode of “Heart of the Matter” Elizabeth Vargas and Dr. Vivek Murthy discuss his decision to declare the loneliness epidemic, the importance of rebuilding connections, and how we can make small changes in our daily lives to improve our mental health. Dr. Murthy also talks about his own personal experience with loneliness and shame, and why it’s so important to discuss these struggles openly. [Listen here](#)



The Do's and Dont's of Medication Disposal

In the *KNOW*... Medication Storage

- **DO** consult with a pharmacist to see if any of your prescribed medications have the potential for misuse.
- **DO** store your medication in a cool, dry place such as a cabinet, drawer or medicine safe that is locked and out of the reach of children.
- **DO** keep the original container including the label that provides information about the medication.
- **DO** [properly dispose of unused or expired medication.](#)
- **DON'T** leave your medication in locations that are easily available for others including children and pets.
- **DON'T** store medicine in a location where humidity and temperature may vary because this could alter the medication’s strength and effects.
- **DON'T** share prescription medications. The effects of medication on others may vary from person to person.
- **DON'T** flush your medication down the toilet or pour it down the drain due to potential environmental impacts.

Teen Advisory Council

All Howard County students in **grades 8 through 12** are invited to join the HC DrugFree Teen Advisory Council (TAC.) Community service hours are available and TAC members receive information about additional volunteer opportunities throughout the year. [Learn more](#)

The next TAC meeting is **Monday, June 5** from 5:30 p.m. - 7 p.m. Registration is required to receive the zoom link. [Register here](#)



If you have additional questions, please email admin@hcdrugfree.org

In Case You Missed it...Town Hall on Youth Vaping



In case you missed it! We have made the Zoom replay available for HC DrugFree's recent Town Hall, Vaporized Youth: Navigating the Effects of Youth Vaping.

[Watch Video](#)

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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