



# HCDrugFree

Empowering the Community

## Welcome Back to School!

HC DrugFree's team wishes you a safe and memorable year.

New Posters Created by HoCo Kids and Delivered to 34 Schools

**MANAGING ANXIETY**  
COUNTING DOWN TO CALM

- 5 THINGS YOU CAN SEE**
- 4 THINGS YOU CAN TOUCH**
- 3 THINGS YOU CAN HEAR**
- 2 THINGS YOU CAN SMELL**
- 1 THING YOU CAN TASTE**

*Be Kind to Your Mind*

LEARN MORE [hcdrugfree.org/mental-health](https://hcdrugfree.org/mental-health)

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GET INVOLVED [tinyurl.com/HCDrugFreeTAC](https://tinyurl.com/HCDrugFreeTAC)

**THESE PILLS ARE FAKE**

**THE RISK IS REAL**

**FENTANYL**

6 out of every 10 counterfeit pills contain a potentially lethal dose of fentanyl.

*As little as 2 milligrams can be fatal. That's the equivalent of 3 grains of salt!*

**ONE PILL CAN KILL** | IF IT DOESN'T COME FROM A PHARMACY, IT CAN BE DEADLY.

LEARN MORE [hcdrugfree.org/fentanyl](https://hcdrugfree.org/fentanyl)

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# KEEP OFF THE GRASS

**There's no need for weed.**

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[hcdrugfree.org/cannabis](http://hcdrugfree.org/cannabis) [tinyurl.com/HCDrugFreeTAC](http://tinyurl.com/HCDrugFreeTAC)

# If you witness an OVERDOSE

**Don't Run. Call 911.**

**Maryland's Good Samaritan Law PROTECTS YOU.**

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[hcdrugfree.org/goodsamlaw](http://hcdrugfree.org/goodsamlaw) [tinyurl.com/HCDrugFreeTAC](http://tinyurl.com/HCDrugFreeTAC)

## SOME SYMPTOMS OF AN OPIOID OVERDOSE

- TINY PUPILS
- SLOW, SHALLOW, IRREGULAR BREATHING
- DIZZINESS, CONFUSION, AGITATION
- COLD OR GLAMMY SKIN
- DISCOLORED SKIN, LIPS, NAILS
- DROWSINESS, PASSING OUT, LOUD SNORING

**IF YOU OBSERVE THESE SYMPTOMS CALL 911 IMMEDIATELY**

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[hcdrugfree.com/naloxone](http://hcdrugfree.com/naloxone) [tinyurl.com/HCDrugFreeTAC](http://tinyurl.com/HCDrugFreeTAC)

## IF YOU WITNESS AN OPIOID OVERDOSE

- STEP 1 CALL 911**
- STEP 2 ADMINISTER NARCAN® / NALOXONE**
- STEP 3 KEEP THEM AWAKE**
- STEP 4 PLACE ON SIDE TO PREVENT CHOKING**
- STEP 5 STAY UNTIL HELP ARRIVES**

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[hcdrugfree.com/naloxone](http://hcdrugfree.com/naloxone) [tinyurl.com/HCDrugFreeTAC](http://tinyurl.com/HCDrugFreeTAC)

## LET'S CLEAR THE AIR

**E-CIGARETTE AEROSOL ISN'T HARMLESS WATER VAPOR**

# VAPING IS SMOKING

LEARN MORE GET INVOLVED

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[hcdrugfree.org/vaping](http://hcdrugfree.org/vaping) [tinyurl.com/HCDrugFreeTAC](http://tinyurl.com/HCDrugFreeTAC)

## Join HC DrugFree's Teen Advisory Council

Registration open to Howard County 8th-12th grade students year round

### YOU can make a DIFFERENCE

**Be Seen**  
**Be Heard**  
**Be a Leader**

**Why Join TAC?**

- Gain valuable experience for job & college applications
- Earn Community Service Hours
- Volunteer opportunities all year
- Be a great role model for others!

LEARN MORE

**HCDrugFree**  
Empowering the Community

Learn more: [tinyurl.com/HCDrugFreeTAC](http://tinyurl.com/HCDrugFreeTAC)

During the summer, HC DrugFree's staff worked with students from across Howard County to gather youth feedback and create new educational

materials. The efforts resulted in 8 public service announcement posters designed to address important and timely issues in our community.

Topics included: Maryland's Good Samaritan Law, vaping is smoking (because our kids don't think it is!), weed/marijuana, managing anxiety, fentanyl awareness, opioid overdose symptoms, how to respond to an opioid overdose, and how to make a difference by joining HC DrugFree's Teen Advisory Council. All posters direct students to more information about the specific topic as well as how to get more involved this school year.

Last week, our team delivered these new posters along with several previously developed posters about not sharing medication to 20 HCPSS middle schools, 13 HCPSS high schools and Glenelg Country School. If you see our posters in your child's school, please send us a picture or let us know what you think of them (and be sure to thank the staff for displaying them).

Together, we can educate our Howard County youth to make more informed decisions and save lives.

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## MDOT: STOP ON RED



With schools back in session, more school buses are back on the road. Now is a good time to remind young drivers, friends and family about the importance of stopping for a school bus.

**BE ALERT** especially in school zones, near school bus stops, and during times of the day that students will be going to and coming from school.

**STOP FOR THE BUS** because passing a school bus is illegal when its red lights are flashing and the stop-arm is extended while stopped to load and unload students.

**REMEMBER** students of all ages are unpredictable. It is your job as the driver to obey traffic laws.

[Learn More](#)

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## Safe Schools Maryland

Safe Schools Maryland is an anonymous and FREE reporting system available to students, teachers, staff members, parents, and the general public to report any school or student safety concerns, including mental health concerns. Safe Schools Maryland is Maryland's only official anonymous reporting

system. Safe Schools Maryland operates 24 hours a day, 7 days a week, and 365 days a year. Your anonymous report can be submitted by calling the tip line (**1-833-MD-B-SAFE / 1-833-632-7233**), [completing an online form](#) or downloading the free Safe Schools Maryland app from the [App Store](#) or [Google Play](#).



All students should feel comfortable in Maryland's schools. Children and young adults are stronger students when they feel safe and secure. Strong students go on to serve as the foundation for strong communities.

Safe Schools Maryland exists to ensure that our schools and our students remain safe and secure. With Safe Schools Maryland, all interested members of our communities are able to report their school and student safety concerns anonymously and securely.



To learn more about how this reporting system works please [watch this video](#):

[Learn More](#)

## HCPSS Policy 1050

The Howard County Public School System's Policy 1050 – Alcohol, Drug, and Tobacco Free Environment establishes the educational and disciplinary parameters needed to maintain an alcohol, drug, and tobacco free environment. For more information and to review the policy click the button

below.

[Click Here](#)

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## Volunteers Needed for Back-to-School Activities

Each year, HC DrugFree's volunteer team attends HCPSS high school and middle school Back-to-School activities as well as other community events to support returning students, parents and staff.

Thank you to all our August 24 volunteers!!! Because of your willingness to give of your time, we covered all of today's events.

**We need many more adult and student volunteers for August 31st and some September dates!!! Please look at the list of days/times and volunteer for an hour.**

It's easy work. Smile, hand a flier to each family, and you will be done in less than an hour.

Community service hours are available for student volunteers.

[Volunteer](#)

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## HoCo Police Remind Drivers

Message provided by the Howard County Police Department:

As students prepare to return to school next week, Howard County police are working to ensure that children, parents and teachers arrive safely. Through an annual back-to-school initiative known as H.A.S.T.E. (Helping Arriving Students Through Enforcement), officers will focus on enforcing driver and pedestrian safety in school zones.

Increased traffic patrols will be in place on roadways surrounding elementary, middle and high schools for the first three weeks of the school year. Officers will focus on drivers who are speeding, failing to stop for pedestrians or driving distracted in those areas. They also will be checking for seat belt and child safety seat use to ensure all occupants are properly restrained.

Police are also reminding drivers that buses serving the Howard County Public School System (HCPSS) have been outfitted with external cameras. The purpose of the program, which launched last school year, is to ensure student safety by discouraging motorists from passing buses illegally. The state of Maryland's fine for illegally passing a school bus is \$250.

Additionally, the department's speed camera program is designed to

encourage drivers to slow down in school zones and has fines set at \$40. The cameras are rotated among various school zones in the county, which are posted in advance and updated every week at [hcpd.org](http://hcpd.org). The site also offers additional information on all the department's automated enforcement programs and answers to frequently asked questions.

New lighted stop signs have been distributed to all crossing guards in an effort to improve visibility and the safety of students and guards. The signs were funded by fines collected through HCPD's Automated Enforcement programs.

The police department will continue to conduct traffic safety education and enforcement efforts throughout the school year.

*Thank you, HCPD, for working to keep our children and families safe!*

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## HC DrugFree's Teen Advisory Council

HC DrugFree invites **all Howard County students in grades 8-12** to join our Teen Advisory Council (TAC.) Members of TAC meet once monthly during the academic year and act as student ambassadors in their schools and in the community.

### Why join TAC?

- Earn community service hours
- Gain experience for job & college applications
- Volunteer opportunities year round
- Be a leader and role model in Howard County!

Join us for our first meeting of the 2023-24 school year on **Monday, September 11 from 5:30 to 7:00 p.m.** via Zoom to learn more about TAC and to see how you can get involved.

[Learn More & Register](#)

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## International Overdose Awareness Day in HoCo

# RECOGNIZE THOSE GONE UNSEEN



31 AUGUST

 International Overdose  
Awareness Day

## 7th Annual International Overdose Awareness Day of Howard County

Join us for a recovery celebration  
and candle light vigil

### AUG. 31 PROGRAM

*Outdoors | 6:00 - 7:00 PM*

Fire & Rescue Demo/Behavioral  
Health Department (Community  
Resources, Naloxone Training,  
Overdose Response Demonstration)

*Indoors | 7:00 - 8:00 PM*

County and State Leaders'  
Comments, Journeys of Healing and  
Hope by Family Members, Memorial  
Slideshow



**Scan this  
code to share  
your photo**

You are invited to share a  
photo of your loved one for  
inclusion in our 2023  
Memorial Slideshow.



St. John's Episcopal Church  
9120 Frederick Rd. Ellicott City, MD 21042

For more information, contact [hcodday@gmail.com](mailto:hcodday@gmail.com)

[Download Printable Flier](#)

## Connect with Us

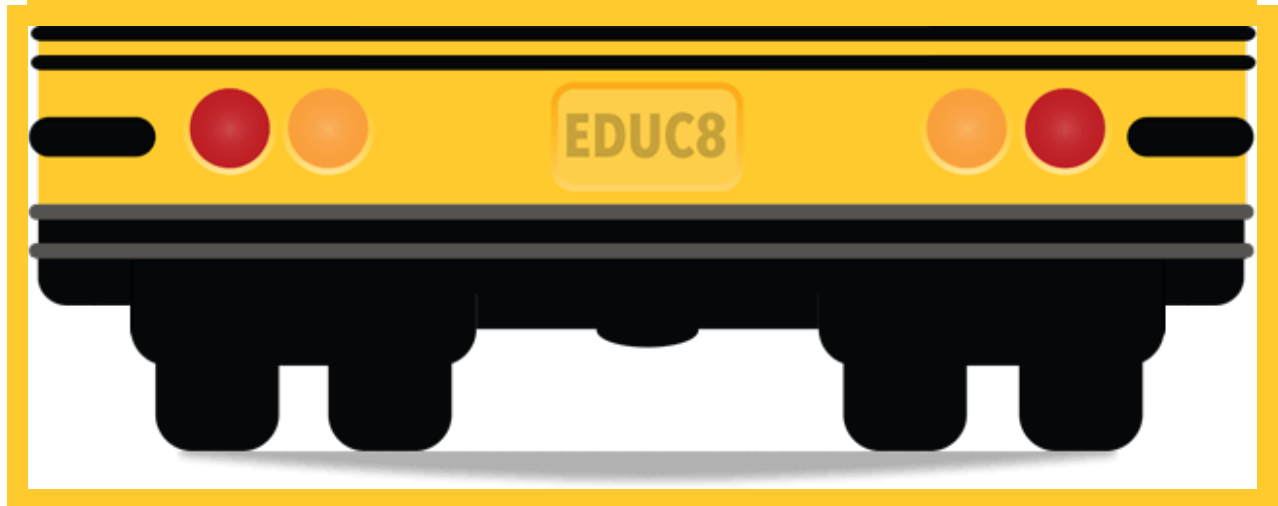
Join our social media community for more content and easy ways to share important and potentially life-saving information with your friends and network.

Remember: **Knowledge is Power** and together we can help keep our community *informed, safe,* and **IN THE KNOW!**

Follow us on [Facebook](#), [Twitter](#), [Instagram](#) and [LinkedIn!](#)

**For more information, contact:**

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