

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

"I like a teacher who gives you something to take home to think about besides homework."

-Lily Tomlin

### Seeking Volunteers THIS WEEK!

We're headed down the home stretch! Each year HC DrugFree sends representatives to **EVERY middle & high school Back-to-School night event** to usher students and their families into the new school year. It has been so nice to see the community come together for this yearly rite of passage, but we have one more week left to go!

## Seeking Volunteers



## Would you lend a hand?

This week may be the most challenging to cover as we are seeking volunteers to represent HC DrugFree at **20 Middle School Back-to-School Night events** this Wednesday, September 6th & Thursday, September 7th. Unfortunately, 18 of these events are on ONE evening, so it will take many hands to make this happen - can we borrow yours for an evening?

We also have several other events happening this month if you would like to volunteer but are unavailable for this week. Community service hours are available for student volunteers, but we need many adults too.

[Register to Volunteer](#)

A Panel Discussion on National Minority Mental Health Awareness Month

A Panel Discussion on National Minority  
Mental Health Awareness Month

Wednesday, July 26, 2023  
12:00 PM EST



**Denise Giuliano**  
Executive Director  
NAMI Howard County



**Razia Kosi, Ed.D, LCSW-C**  
Coordinator of Culturally Responsive  
Practices and Anti-Racism Development  
HCPSS Office of DEI



**Sandra Price**  
Community Educator  
HopeWorks of  
Howard County

### [Watch Video](#)

View the replay of a virtual panel discussion in recognition of National Minority Mental Health Awareness Month, also known as Black, Indigenous and People of Color (BIPOC) Mental Health Month, that took place in the month of July.

The Howard County panelists—Denise Giuliano, Dr. Razia Kosi, and Sandra Price— discuss the importance of recognizing and raising awareness of the unique mental health challenges and struggles faced by minority communities, and share ways that we can all work to destigmatize conversations about mental health to ensure that everyone receives the supports that they need to live full lives.

## 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 HC DrugFree's

**Teen  
Advisory  
Council**

you can make a  
**DIFFERENCE**

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



#### 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



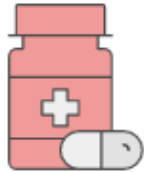
[tinyurl.com/HCDrugFreeTAC](https://tinyurl.com/HCDrugFreeTAC)

**HCDrugFree**  
Empowering the Community

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 &](#)

# In the *KNOW*...

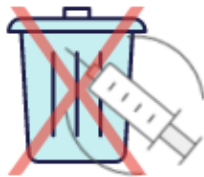
## About Medication & Sharps Disposal



Expired or unwanted medication may be misused intentionally or unintentionally.



Flushed medications may pollute our water supply and the surrounding environment.



Improperly disposed of sharps may result in injury to yourself or others!

## Help us keep our community safe!

**HCDrugFree**  
Empowering the Community  
[www.hcdrugfree.org](http://www.hcdrugfree.org)

Sometimes we get asked WHY proper medication storage and disposal is so important. Here are a few of the biggies! [Learn More](#)

## Medication Storage/Disposal

HC DrugFree's twice-a-year drive-thru medication and sharps disposal event, in conjunction with the DEA's National Drug Take Back Day, will take place on **Saturday October 28 from 10 a.m. - 2 p.m.** in the Wilde Lake Village Center Parking Lot (next to Slayton House and the CA Swim Center.)

Clean out your medicine cabinets and bring us your prescription and over-the-counter meds, as well as vitamins,

Semi-Annual  
**Medication & Sharps Disposal**  
Convenient Drive-Thru Event

**Saturday, October 28 • 10 a.m. - 2 p.m.**



**HCDrugFree**  
Empowering the Community

**Safely dispose of:**

- Prescription medication
- Over-the-counter meds
- 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

**Volunteers Needed**

Seeking students, adults, and medically-trained adults. Spend some time making a difference in Howard County! Community service hours available.

Learn More



HCDrugFree.org

pet medication, vape devices, inhalers, needles, syringes, EpiPens and more!

Medications will be guarded and transported by the Drug Enforcement Administration (DEA) and the Howard County Police Department.

[Learn More](#)

## You Make a Difference in Howard County

Together, we can educate youth and families in Howard County and make a difference in young lives. Donations of any size will help us to continue providing free services and resources for another year.

[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.

**SAMSHA Treatment Locator:** This site provides information about facilities (Outpatient Treatment, 24-hour Residential, Veterans Affairs, etc.) for SUD and Mental Health across Maryland (just enter a zip code). [Learn More](#)

**Additional Resources:** [HC DrugFree Hotlines & Resources Page](#)

For more information, contact

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