

# HC DrugFree

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

**"We cannot live only for ourselves. A thousand fibers connect us  
with our fellow men."**

*Herman Melville*

## Save the Date

March 12: [Guiding Good Choices - Free Parenting Classes](#)

March 18: [TAC Talks: Teen Listening Session](#)

March 20: [Senior Week: Staying Safe in Ocean City](#)

April 14: [HoCo Student Film Submission Deadline](#)

April 16: [Parenting Strategies: How to Talk about Drug Use in Popular Media](#)

April 27: [Medication and Sharps Drive-Thru Collection](#)

May 3: [HoCo Student Film Festival](#)

## HoCo Adult Classes Starting Soon

### What are HoCo Parents, Guardians, and Grandparents saying about our FREE Parenting class?



"I have been a parent for nearly 40 years and a grandparent for eight. No one is too old to learn new and better ways of dealing with family interactions. I love the idea of introducing these skills at an early age and will definitely introduce them to my grandchildren whenever they're with me. I think teaching them refusal skills especially is critical, especially these days when they're going to be exposed to so many negative and dangerous behaviors."

**HC DrugFree**

Learn skills to help your HoCo kids and grandkids!

Guiding Good Choices® is an evidence-based curriculum that helps adults to

build stronger relationships with their kids and grandkids, all while teaching them how to deal with peer pressure and avoid risky behaviors. If you are the **parent, guardian or grandparent**, then this may be a powerful resource for you.

Learn how to:

- Prevent drug use in your family
- Develop healthy attitudes and clear standards
- Avoid trouble and response to peer pressure
- Manage conflict and express feelings constructively
- Strengthen family bonds
- and much more!

We urge you to attend all five of HC DrugFree's Zoom classes scheduled to be held on **Tuesdays, March 12, 19, April 2, 9, and 16** from **Noon – 1:30 p.m.**

[Learn more & register](#)

## Teen Suicide Prevention Videos



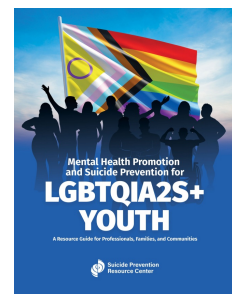
[Watch Video](#)

How to talk to another teen about thoughts of suicide. Use 988 to call or text the Crisis Lifeline or visit <https://988lifeline.org>

For Spanish language, watch [Teen to Teen Suicide Prevention in Spanish](#)

Mental Health/Suicide Prevention: LGTBTQIA2S+

The Suicide Prevention Resource Center, in partnership with the NORC at the University of Chicago, has released a resource guide intended to help professionals, families, and communities support the mental well-being of the LGTBQIA2S youth. [Read more](#)



## March is Problem Gambling Awareness Month

The banner features a blue ribbon in the center. To the left, the text reads: "Amplifying AWARENESS, breaking down STIGMAS and emphasizing that when it comes to problem gambling, EVERY STORY MATTERS." To the right, it says "PROBLEM GAMBLING AWARENESS MONTH" and "→ EVERY STORY MATTERS". At the bottom, it provides the helpline "call, text or chat 24/7 Helpline 1-800-GAMBLER" and notes "FREE & Confidential".

Amplifying **AWARENESS**,  
breaking down **STIGMAS** and  
emphasizing that when it  
comes to problem gambling,  
**EVERY STORY MATTERS.**

**PROBLEM GAMBLING  
AWARENESS MONTH**  
→ **EVERY STORY MATTERS**

call, text or chat  
24/7 Helpline **1-800-GAMBLER** **FREE &  
Confidential**

Problem Gambling Awareness Month is a nationwide grassroots campaign, held annually in March, that seeks to increase public awareness of problem gambling and promote prevention, treatment, and recovery services. This year's National Problem Gambling Screening Day is on Tuesday, March 12. Be **AWARE** of the risks of gambling. For most, gambling can be fun. But for some, gambling can get out of control. Signs of a gambling problem:

- Preoccupied with gambling (i.e., reliving past gambling experiences, planning the next venture, or thinking of ways to get money with which to gamble)
- Secretive about his/her gambling habits, and defensive when confronted
- Increasing bet amounts when gambling in order to achieve the desired excitement
- Trying unsuccessfully to control, cut back, or stop gambling
- Restless or irritable when not gambling
- Gambling to escape problems
- Trying to win back losses by more gambling
- Lying to family and others about the extent of gambling
- Jeopardizing or losing relationships, jobs, education or career opportunities because of gambling
- Relying on others to bail him or her out to relieve a desperate financial situation caused by gambling

**Take ACTION for help and hope.**

Call or text 1-800-GAMBLER (1-800-426-2537) or chat with someone who can help at [helpmygamblingproblem.org](http://helpmygamblingproblem.org)

NBC's News explains the "sober curious" movement popularly seen in Gen Z and millennials, where the drinking percentage in adults under 35 has gone down 10% in the last two decades. Ruby Warrington, who has a book called "Sober Curious," explains how you don't need to have a drinking problem for drinking to be a personal issues. [Watch Video](#)

## HoCo Student Film Fest Open for Submissions

**Wanted: Student Filmmakers**



Submit your film to the HoCo Student Film Fest by April 14 for your chance to win the 2024 HC DrugFree Category!

[hcdrugfree.org/hoco-filmfest](http://hcdrugfree.org/hoco-filmfest)

### Submit your Public Service Announcement (PSA) by April 14!

Join HC DrugFree and the HoCo Student Film Fest for another year of creative filmmaking fun! HC DrugFree is proud to have our own PSA category in the Film Fest! Enter now to flex your creativity, connect with other HoCo filmmakers, and have a chance at winning a prize for

the best PSA. Contact HC DrugFree's staff if you have any questions. The 20th Annual HoCo Student Film Festival will be held on May 3rd at the Miller Library, 7 - 8:30 p.m. [Learn more and get involved](#)

## HC DrugFree Hiring



HC DrugFree is looking for self-motivated Howard County professionals with a heart for people of all ages in our great community. Those with educational, public service, or nonprofit experience are strongly encouraged to apply. All candidates must pass a background check and possess strong organizational skills, writing skills, and computer skills.

**Individuals with teaching and leadership experience are strongly encouraged to apply.**

## Part-Time to Full-Time Educational Outreach Coordinator

HC DrugFree has an **immediate opening** for a part-time or full-time **Educational Outreach Coordinator** with potential for advancement within the organization.

## Part-Time Marketing & Outreach Assistant

HC DrugFree has an **immediate opening** for a part-time **Marketing & Outreach Assistant** with potential for advancement within the organization

[Learn More & Apply](#)

## Save the Date: Senior Week Program for HoCo Families



HC DrugFree's annual Senior Week program will be held on **Wednesday, March 20 at 7:00 p.m.** on Zoom.

In partnership with the Ocean City Police Department and Beach Patrol, we are offering this learning experience for graduating high school seniors and their parents/guardians, but this program is appropriate for anyone visiting Ocean City this summer. [Registration is required](#)

A flyer for Senior Week with a photo of a woman and the text "Worried About Senior Week? You are not alone! HCDrugFree Presents Senior Week: Staying Safe in Ocean City. Wednesday, March 20, 2024 7 p.m. on Zoom. Speakers: Jeanne Wechs Szostakowich, HC DrugFree; Ocean City Police; Ocean City Beach Patrol. Learn more &amp; register: hcdrugfree.org/senior-week. Don't make alcohol available to teens. 443-325-0040 • www.hcdrugfree.org".

## Parenting Strategies - How to Talk About Drug Use in Popular Media

Depictions of drug and alcohol use is widespread in current media, including shows often viewed by teenagers such as Stranger Things, The Queen's Gambit on Netflix and HBO's Euphoria. Given that research indicates that exposure to these messages increases teenage substance use, what can parents do to protect their children? Join Dr. Weiner for an exploration of the psychological impact of drug use in media, as well as actionable strategies for parents and caregivers to help teenagers navigate this complicated social and cultural

A flyer for Parenting Strategies with the text "Parenting Strategies and How to Talk about Drug Use in Popular Media. April 16, 7-8:30 p.m. Virtual Event. In Partnership with HCDrugFree. Register now online! https://bit.ly/HoCo\_HC-Drug-Free. For questions, contact Lashita Williams, lwilliams@howardcountymd.gov 410-313-6253 (voice/tty).".

terrain. [Learn more & register](#)

## HoCo Students: Get Involved

HC DrugFree invites **all Howard County students in grades 8-12** to attend our monthly meetings and serve 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 our teens at the next TAC meeting/program on **Monday, March 18** from 5:30 to 7 p.m. on Zoom. Register early to get the meeting link. [Learn more](#)

[Learn More about Joining TAC](#)

## Hear What HoCo Teens Have to Say! TAC TALKS: Community Teen Listening Session

# TAC TALKS



**Teen Listening Session:  
Bridging the Gap Between  
Middle & High School**



**Monday, March 18, 5:30 - 7 p.m.**

Join Howard County teens as they present "insider information" for parents, educators, middle school students, and their high school peers during this special student-lead community program. This is a unique opportunity for community members to listen to the real experiences of HoCo youth to better understand and support them. [Learn more & register](#)

## Medication Safety

Are you **IN THE KNOW** about proper medication storage?



Store medication out of reach and out of sight



Use child safety caps



Keep a medication inventory



Utilize a medication lockbox



Speak to family and guests about medication safety

Learn how to safely store and dispose of medication to remove the risk of intentional or unintentional misuse in your home. [Learn more](#)

## Drive-Thru Medication & Sharps Disposal Event on April 27



**Saturday April 27 • 10 a.m. - 2 p.m.** Please join HC DrugFree and our partners for our convenient twice-a-year drive-thru medication and sharps disposal event as a part of the DEA's National Drug Take Back Day!

Bring any and all prescriptions or over-the-counter medications, syringes, Epi-Pens, vitamins, and even pet medications. This allows these items to be disposed of safely (please don't flush them!) or end up in the hands of those who might misuse them.

[Learn more](#)

### Medication & Sharps Disposal Convenient Drive-Thru Event

**Saturday April 27 • 10 a.m. - 2 p.m.**



**Safely dispose of:**

- Prescription medication
- Over-the-counter medication
- Sharps (syringes, needles, EpiPens, etc.)
- Vitamins
- Pet medication
- Vapes without batteries
- Inhalers
- And more!

**HCDrugFree** 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 for students.

#### Medication Lockbox Giveaway!

We have 100 medication lockboxes to give away for FREE!

\$44 value. First come, first served. Limit 1 per vehicle.



**HCDrugFree.org**

Funded by the Howard County Health Department, MDH, SAMHSA, and Howard County Police. Medication Lockboxes provided by the Howard County Public School System.

## Become a Friend of HC DrugFree

Please consider becoming a [Friend of HC DrugFree](#). Your support shows funders that you value the work that we do. Thank you for your continued support of the important work we do at HC DrugFree!

[Donate Now](#)

Or mail your **donation** to HC DrugFree's office:

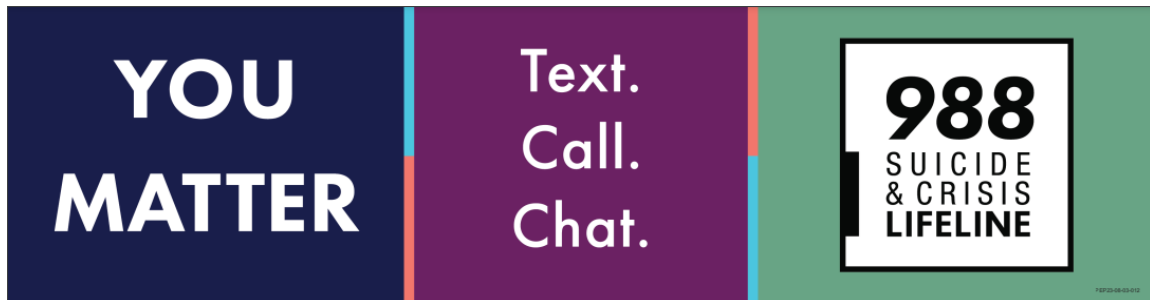
HC DrugFree  
5305 Village Center Drive, Suite 206  
Wilde Lake Village Center  
Columbia, Maryland 21044

## Please...Tell Us What You Think!

Please take our 2-second survey to let us know what you think of the content provided in this newsletter!

[Survey](#)

## Resources



### The 988 Suicide & Crisis Lifeline:

Marylanders who are experiencing a mental health or substance use crisis should call or text 988. Learn more at [988.maryland.gov](https://www.988.maryland.gov). Maryland veterans and their loved ones can call 988 and press 1 to transfer to the Veterans Crisis Line. Press 2 for Spanish. Press 3 for LGBTQIA+ support.

### [Additional Resources](#)

For more information, contact

Joan Webb Scornaienchi



Executive Director  
HC DrugFree  
5305 Village Center Drive, Suite 206  
Wilde Lake Village Center  
Columbia, MD 21044  
Admin@hcdrugfree.org  
[www.hcdrugfree.org](http://www.hcdrugfree.org)



HC DrugFree | Wilde Lake Village Center, 5305 Village Center Drive, Suite 206, Columbia, MD 21044

[Unsubscribe joan@hcdrugfree.org](mailto:joan@hcdrugfree.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by joan@hcdrugfree.org powered by



Try email marketing for free today!