

# HC DrugFree

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

**"Alone we can do so little; together we can do so much."**

*-Helen Keller*

## Drive-Thru Medication & Sharps Collection



**THIS Saturday, April 27 • 10 a.m. - 2 p.m.**  
That's right, Fido! We take pet meds AND human meds!

Our drive-thru medication & sharps disposal event is just around the corner, and we can't wait to see you (and any waggily-tailed friends who might tag along!)

Bringing these items to our disposal event ensures that they will be disposed of properly and not end up in our water supply or in the paws of those who may misuse them intentionally OR unintentionally.

We are accepting:

- Prescription medication
- Over-the-counter medication

- Vitamins
  - Vape devices (with the batteries removed, please!)
  - Inhalers
  - Sharps (EpiPens, syringes, needles, etc.)
  - Veterinary medication
- And MORE! (If you aren't sure, just bring it!)
- We are giving away **100 medication storage lockboxes** so be sure to come right when the event begins because these aluminum combination lockboxes won't last long! (First come, first served. No holds. Limit 1 per vehicle.)

THANKS FOR KEEPING ME HEALTHY BUT WHAT ARE WE GOING TO DO WITH THESE NEEDLES?

Our **FREE Drive-Thru Medication & Sharps Disposal Event** is the **cat's meow!**

[HCDrugFree.org](http://HCDrugFree.org)

**HCDrugFree**  
Empowering the Community

Medication & Sharps Disposal  
 Saturday April 27 • 10 a.m. - 2 p.m.  
 Wilde Lake Village Center Parking Lot (near the Columbia Swim Center)  
 5305 Village Center Drive, Columbia 21044  
[Learn more & volunteer](#)

## The Cost of Prom Night

# Prom Night Expenses



**Dress \$100 - \$400**  
**Hair \$100 - \$200**  
**Nails \$25 - \$100**  
**Jewelry \$40 - \$100**



**Tux \$100 - \$200**  
**Shoes: \$50 - \$100**  
**Dinner for Two \$50 - \$200**  
**Boutonniere/Corsage \$15 - \$50**

# OPTIONAL Prom Night Expenses

Prom Night can be one of the most memorable evenings of a teen's life. Of

course, there are the traditional expenses such as formal attire, tickets to the event, and maybe even splurging for a limo, **but what about the unnecessary optional costs of Prom Night?**

### **ARRIVING INTOXICATED**

Optional Costs: The embarrassment of being sent home, missing memorable moments with your date and friends, as well as school, family, and/or legal consequences

### **DRIVING UNDER THE INFLUENCE OF ALCOHOL AND/OR DRUGS**

Optional Costs: Vehicle accidents resulting in harm to self and/or others, jail time, points on your driver's license or losing license, increased insurance fees or loss of insurance, fines and/or court/attorney costs

### **POSSESSION OF ALCOHOL OR DRUGS**

Optional Costs: Fines, jail time, and/or court/attorney costs

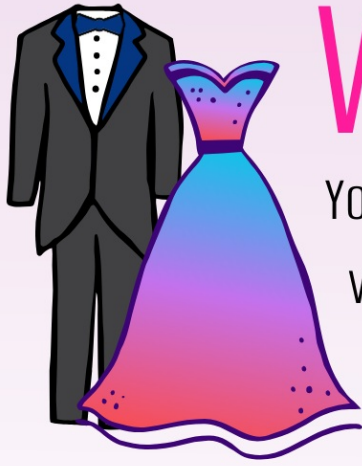
For parents who are preparing to send their teens to Prom, here are a few ways that you can set your child up for a memorable and SAFE Prom experience:

**Ask About Prom Night** Before the big night, speak with your child about the plans for the evening. Where are they going? Who will they be with? What are their transportation plans? Car accidents are the leading cause of death for teens in the U.S. and one of the many factors that lead to these accidents is driving under the influence of alcohol, drugs, or other substances. Be sure that you are in the loop before your child walks out the door.

**Communicate Expectations** Be sure your child knows your ground rules for Prom Night. What time do you expect them to be home? Would you like them to check-in during the evening? How do you expect them to conduct themselves? What would you like them to do if they find themselves in a bad situation or if they've made a mistake?

**Be A Parent, Not A Friend** As tempting as it may be to be the "fun" parent, providing opportunities for risky behaviors may result in unfortunate consequences for your child, their friends, and YOU. Providing unsupervised locations for teens, such as hotel rooms, vacation homes, or even your own basement increases the chance of teens engaging in undesirable behaviors. In addition, it is illegal for parents (or any adult) to serve alcohol to anyone under the age of 21, even in home settings. "Social host" laws impose fines for adults who provide alcohol to minors or allow the consumption of alcohol by minors on their premises.

**Be A Safe Space** In case your child does find themselves in a situation where they feel uncomfortable or unsafe, please make it clear that you are a safe person to contact, and that you are willing to come get them NO MATTER WHAT. Please make sure your teen knows that there may be consequences for irresponsible behavior, but that your priority is their safety and well-being.



# We PROMISE

You can still have **fun** on Prom Night,  
while staying **safe** and **sober**.

## HCDrugFree

**Have a Happy and Safe Prom Season, Howard County!**

April is Stress Awareness Month

APRIL ———  
— **STRESS** ———  
AWARENESS  
——— MONTH

April is Stress Awareness month and is designed to put a spotlight on the negative impact that stress can have in our lives. According to the [National Center for Complementary and Integrative Health](#), stress is defined as a "physical and emotional reaction reaction that people experience as they encounter challenges in life." Although occasional stress is natural, and may even be helpful, long-term stress may become chronic and lead to a variety of health issues such as headaches, high blood pressure, and digestive problems. While there is no cure for stress, there are a variety of ways to manage stress and increase personal resilience. In the video below stress expert, Nina Nesdoly, discusses three keys for incorporating stress relief into your life and your work, and provides insights into how we may be sabotaging our rest/recharge time.



[Watch Video](#)

More resources about stress and stress management:

[NIHM: Stress Awareness Month](#)

[NIHM: Stress vs. Anxiety Fact Sheet](#)

[NCCCIH - Stress](#)

Seeking Volunteers for Saturday!



Hey, HoCo! We need a few helping hands. Would you lend us yours?

On Saturday, April 27, we are hosting our Drive-Thru Medication & Sharps disposal. As always, we depend on volunteers to make this event a success. We need **student, adult, and medically-trained** (pharmacists, EMTs, nurses, doctors, etc.) volunteers. We have jobs for all ages (young or young-at-heart), standing or seated (please feel free to bring a chair), introverted or extroverted, etc. Plug into our great community with your family/friends or join us solo and make new friends!

Don't forget: Student volunteers are eligible to receive **Community Service Hours** if all our forms are submitted to the Volunteer Table prior to the start of the event. We encourage adults to accompany students.

[Learn more & register to volunteer](#)

## Needed: Photographer and Canopy!

We are in need of a **photographer to help us document this special community event** and a **canopy** to shade our fearless sorting team.

If you'd allow us to borrow your items, we'd appreciate if you'd drop off at 9 a.m. and pick up at 1:45 p.m. in the Wilde Lake Village Center parking lot near the Swim Center. Please label each item with your name and contact information so we can make sure everything is returned to the owner.

[Sign up to serve as a photographer or allow us to borrow your canopy](#)



## HoCo Students in 8-12 Grade: Get Involved

HC DrugFree invites **all Howard County students in grades 8-12** to attend our monthly meetings, volunteer at our events, 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!

[Learn more](#)

[Learn More about Joining TAC](#)

## Help Keep Our Events FREE

We need you to donate to become a [Friend of HC DrugFree](#) so we can continue to provide our many FREE services. Thank you for your continued support.

[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

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](mailto:Admin@hcdrugfree.org)  
[www.hcdrugfree.org](http://www.hcdrugfree.org)



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