

HC DrugFree

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



The wise will adapt themselves to
circumstances while the foolish resist
change.



– Lao Tzu

Dates to Remember

June: [Pride Month](#)

June: [Men's Health Month](#)

June: [PTSD Awareness Month](#)

June 14: Father's Day

June 19: [Juneteenth](#)

June 21: [World Music Day](#)

July 15-25: [Free! Life Skills Classes for HoCo Students](#)

August 6: [National Night Out](#)

August 21: [National Fentanyl Prevention and Awareness Day](#)

August 31: [National Overdose Awareness Day](#)

Registration Now Open! Summer Life Skills Classes

A photograph of two children riding bicycles on a dirt path in a forest. The child in the foreground is wearing a blue helmet and a green vest over a grey shirt, smiling. The child in the background is wearing a red shirt and a white helmet.

Being a kid is fun until you hit an
unexpected bump in the road.

Help your child learn how to navigate life's
inevitable obstacles with our Free Life Skills Class.

Want your kids to avoid risky behaviors while learning how to keep their friends - and maybe become the leader of the group to guide their friends and siblings away from danger too? Register your kids for FREE Life Skills classes! This fun and interactive skills-based is designed to strengthen student abilities in the following areas:

- Personal Self-Management Skills: Students develop skills that help them enhance self-esteem, develop problem-solving abilities, reduce stress and anxiety, and manage anger.
- General Social Skills: Students gain skills to meet personal challenges such as overcoming shyness, communicating clearly, building relationships, and avoiding violence.
- Drug Resistance Skills: Students build effective defenses against pressures to use tobacco, alcohol, and other drugs.
- And more!!!

Taught by college students with supervision from adult educators and assistance from **high schoolers serving as mentors and role models**

Register your **middle school** student so they can learn from the older students.

Register your **high school** student to join our team so they too can learn all the skills, earn Community Service Hours, and build their resumes.

Meeting via Zoom 10 a.m. - 11:30 a.m. on July 15, 16, 17, 18, 22, 23, 24, & 25 (8 total classes, Mondays through Thursdays)



Set HoCo Kids up for Success

HC DrugFree is providing another series of FUN and interactive skills-based classes designed to promote positive health and personal development for students in grades 6 to 9. (Slightly older or younger students will be considered.) Taught by college students with supervision from adult educators and assistance from high schoolers acting as mentors and role models. This innovative, evidence-based course will help your child stand up for themselves AND keep their friends.

The curriculum is designed to strengthen student abilities in the following areas:

- Self-Image & Self-Improvement
- Social Skills
- Resolving Conflicts
- Coping with Uncomfortable Feelings
- Personal Self-Management Skills
- Evaluating Advertising & Entertainment
- Drug Resistance Skills
- And MUCH MORE!!!

Meeting via Zoom 10 a.m. - 11:30 a.m.
July 15, 16, 17, 18, 22, 23, 24, & 25

Learn more: [HCDrugFree.org/currentevents](https://www.HCDrugFree.org/currentevents) 443-325-0040
LifeSkills@hcdrugfree.org
www.HCDrugFree.org

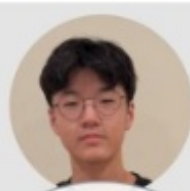
Funding provided by the Howard County Health Department, MCH, and SAMHSA

Parents: Learn More & Register Students

High School Students: Volunteer to Join Our Instructional Team & Earn Community Service Hours

College Students: Apply for Limited Paid Positions on Our Instructional Team

Advice for Rising 9th Graders from a HoCo Teen



Daniel Cho



Transitioning from Middle to High School

[Watch Video](#)

Earlier this year, HC DrugFree presented a program called TAC Talks. This unique program was developed with the creativity and insight of students in our Teen Advisory Council (TAC). These remarkable teens created thoughtful videos in the style of TED Talks, hence the name TAC Talks.

This short video is single segment of the program presented by Teen Advisory Council member, Daniel Cho, who created a video on transitioning from Middle to High School.

McGruff and the Case of the Hidden Fentanyl

MCGRUFF STOPS BIG CRIME



[Watch Video](#)

McGruff the Dog is back at it, urging the community to Take a Bite Out of Crime, and this time he's tackling the topic of deadly Fentanyl.

Teens and tweens are falling prey to criminals lacing drugs with illicit fentanyl. This synthetic opioid is 50-100 times stronger than morphine and highly addictive. Just two milligrams—small enough to fit on the top of a pencil—can be lethal.

Criminals and cartels are using sophisticated supply chains, often on popular social media platforms, to peddle poison for profit.

Fentanyl is the leading cause of death for teens and young adults, but many are unaware it is even in the drug supply. [Learn More](#)

One School District Bans Cellphones With Positive Results



[Watch Video](#)

School leaders at the Dayton, Ohio public school district decided to ban cellphones from all middle and high school campuses. As the school year comes to a close, they're already seeing improvements in reading, math and social interaction between students. NBC's Vicky Nguyen reports for TODAY.

HoCo Contributed!! Nearly 18.6 Million Pounds of Meds Collected

This spring, the Drug Enforcement Administration (DEA) and law enforcement partners collected 670,136 pounds of unneeded medications at collection sites across the country. Since 2010, DEA, along with its partners, has collected nearly 18.6 million pounds of old, unwanted prescription drugs.

In partnership with the Howard County Police Department, HC DrugFree's site collected 1,387.5 pounds of medication in 4 hours on Saturday, April 27.

Again, thank you to all of our partners, sponsors and volunteers as well as the community members cleaning out their homes to keep our community safe.

Collection Results

MEDICATION

1,387.5 lbs.
(51 bins)

SHARPS

(Needles, syringes, EpiPens)

28 bins*

***Not included in weight!**

NAMI Pride: Mental Health Without Conditions

**I AM
NAMI
PRIDE**



**Mental Health
Without Conditions**

Quintin Lamarr
He/Him/His, Gay
OCD | Anxiety



Everyone deserves community, respect, love, and access to culturally competent care! The National Alliance on Mental Illness (NAMI) is highlighting the reality that LGBTQ+ people are impacted unequally by mental illness and a lack of mental health resources and is encouraging the support of protections and practices that will help to reduce mental health inequities within the community. [Learn More](#)

The Reality of Teens and Weed

While often considered a way for coping with anxiety and depression, teens (and adults) who use marijuana to find relief are in for a rude awakening. [Learn More](#)



Donate Today

Please become a [Friend of HC DrugFree](#). 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

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. 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.



Free Narcan Training:

The Howard County Health Department offers a free training so you can be prepared in case of an opioid overdose. Sign up for your free training and Narcan kit today: [Learn More](#)



Additional Resources

For more information, contact

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Try email marketing for free today!