

HC DrugFree

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

The will to win, the desire to succeed, the urge to reach your full potential...these are the keys that will unlock the door to personal excellence.

- Confucius

Dates to Remember

June: [Pride Month](#)

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

June: [PTSD Awareness Month](#)

June 16: Father's Day

June 19: [Juneteenth](#)

June 21: [World Music Day](#)

July 15-25: [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



What will your children learn this summer?

Register them for HC DrugFree's Summer Life Skills classes to learn skills to resist high risk behaviors

HCDrugFree
Empowering the Community

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 HoCo 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 serve 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.

Classes will be held on Zoom from 10 a.m. to 11:30 a.m. on Mondays through Thursdays, July 15, 16, 17, 18, 22, 23, 24, & 25



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)

HCDrugFree

443-325-0040
LifeSkills@hcdrugfree.org
www.HCDrugFree.org

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

Middle Schoolers: Learn More & Register

High School & College Students: Learn More & Register

New! Hear What Another HoCo Teen Has to Say



[Watch Video](#)

New 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, Roman Edwards, who created a video on Time Management.

Are you *IN THE KNOW* about Fentanyl?

In the *KNOW*...

FENTANYL

Did you know that only
2 milligrams
of fentanyl can be fatal?



HCDrugFree

Fentanyl is a synthetic opioid with an intended medical use of treating severe pain, especially among cancer patients. Since 2013, there has been a significant increase in the use of fentanyl as a recreational drug and subsequently it is the leading cause of overdose deaths in the United States.

[Learn More](#)

Fentapills - You Need to Know Video



[Watch Video](#)

Produced by Song for Charlie, this educational video about fake prescription pills made of illicit fentanyl and is intended for middle school and high school students, parents, and educators.

Store Medication Safely this Summer

Keep Your Child Safe.

Don't leave medicines
somewhere kids can
get into them.



UpAndAway.org



Packing for vacation? Kids are curious. Don't leave your medicines somewhere they can get into them. While traveling, and always, keep medicines and supplements, including gummies where children can't see or reach. [Learn More](#)

Teen Mental Health Statistics 2024

Recent teenage mental health statistics:

- 50% of all lifetime mental illnesses begin at age 14 ([National Alliance on Mental Illness](#))
- 42% of teens experience persistent feelings of sadness or hopelessness ([Centers for Disease Control and Prevention](#))
- 22% of teens have seriously considered attempting suicide ([American Psychological Association](#))
- Native American teen suicide rates are nearly 3.5 times higher than the



- national average ([Center for Native American Youth](#))
- 14% of LGBTQ teenagers attempted suicide in 2022, including 1 in 5 transgender and nonbinary youth ([The Trevor Project](#))
 - 1 in 7 teenagers will experience a mental disorder ([World Health Organization](#))
 - 3 in 5 teen girls reported feeling sadness every day for at least two weeks ([The New York Times](#))
 - 51% of youth (6-17) with a mental health condition get treatment in a given year ([National Alliance on Mental Illness](#))
 - Youth mental health hospitalizations increased by 124% from 2016 to 2022 ([Clarify Health](#))
 - 55% of the public believes there is a youth mental health problem in the U.S. ([KFF](#))

[Learn More](#)

Donate Today Before Our Fiscal Year Ends!

Please become a [Friend of HC DrugFree](#) to help fund our FREE programs and services.

[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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