

HC DrugFree

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



Have a Safe and Memorable 4th of July

If you celebrate with family and friends, but please don't drive impaired. Keep yourself, your loved ones, and all of us safe on the roads this summer.

Dates to Remember

July: [Make a Difference to Children Month, Minority Mental Health Month](#)

July 4: [Independence 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](#)

Make A Difference to Children Month

National Make A Difference to Children Month is observed in July. The month raises awareness about the vulnerability any child in the world can face if they do not have the right person in their lives to guide them.

Make a difference to a child this summer!



[50 Places in Howard County to Take Your Kids This](#)

[Summer](#) © 2024 Visit Howard County Maryland

[Tips for Spending Quality Time with Your Children](#) © National Association for the Education of Young Children

[51 Boredom-Busting Summer Activities for Kids](#) We Are Teachers

Fireworks May Trigger Trauma

The US Department of Veteran's Affairs and the MD Department of Health want to remind all of us that fireworks can be a trauma reminder for those who served in combat or experienced a fire, explosion, or gun violence.

[Learn more](#) about Post Traumatic Stress Disorder (PTSD), how it impacts Veterans and others, and tips to manage symptoms or host events that are sensitive to those who are affected by fireworks.

Registration Now! Summer Life Skills Classes



Do you 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?

Register your **middle school students** for FREE Life Skills classes **taught by college students** with supervision from adult educators and assistance from **high school mentors and role models.**

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



Set HoCo Kids up for Success

HCDrugFree 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

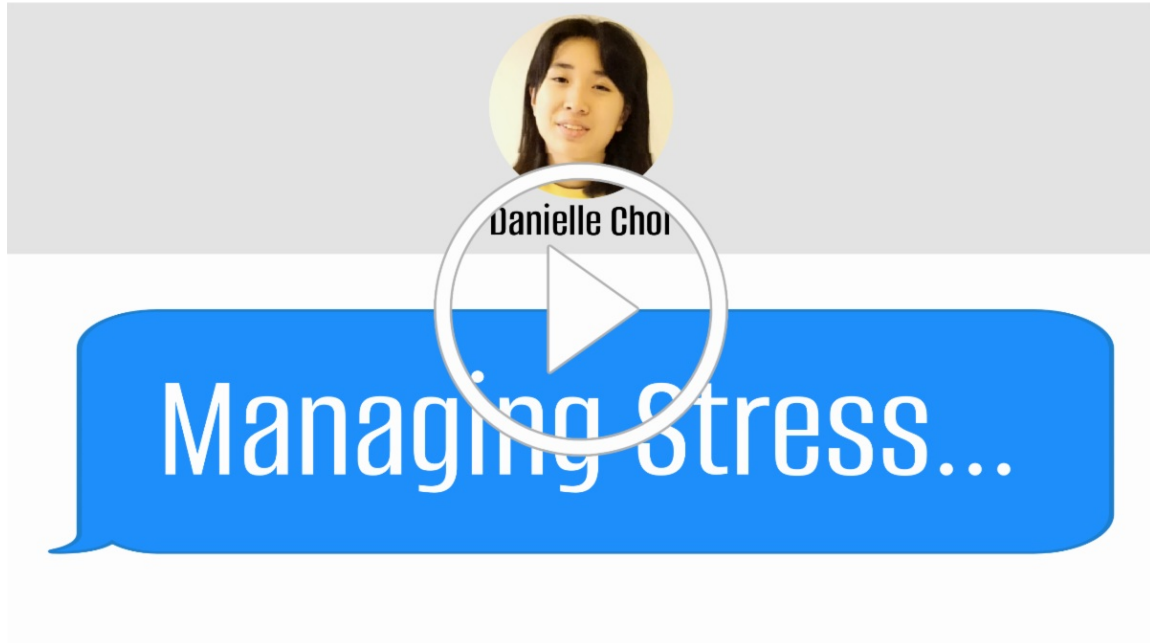
HCDrugFree 443-325-0040
LifeSkills@hcdrugfree.org
www.HCDrugFree.org

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

[Middle School Students: Learn More & Register](#)

[High School & College Students: Learn More & Register](#)

Utilizing School Resources for Rising 9th Graders



[Watch Video](#)

TAC Talks is a collection of video segments, developed with the creativity and insights of [HC DrugFree's Teen Advisory Council](#), and presented in the style of TED Talks, hence the name TAC Talks. Originally presented as a part of a community program, they are now available as smaller segments by topic.

This TAC Talk on Managing Stress is presented by Teen Advisory Council member Danielle Choi.

Deadly Pills Purchased on Snapchat



[Watch Video](#)

Sam Chapman's son died after buying a fentanyl-laced pill purchased on Snapchat. Chapman joined NewsNation's host Chris Cuomo to share his family's painful story and encourage parents to keep Narcan nearby, even if they don't think this could happen to them.

Cuomo's investigative staff showed how easy it was to buy drugs online. Social media is "trying to addict out children," Chapman said. [Watch](#)

Safely Store Medications

WHAT TO KNOW ABOUT STORING MEDICINE

JUST ONE MINUTE

In ER visits for medicine poisonings, parents often say that they only turned their back for a minute.



CURIOUS CLIMBERS

Research indicates in about half of over-the-counter poisoning cases, the child climbed on a chair, toy or other object to reach medicine.



CHILD-RESISTANT ≠ CHILDPROOF

Research suggests about half of accidental poisonings involved child-resistant packaging.



EVERY 9 MINUTES,

a young child (under age 6) goes to the ER because he/she got into medicine, and



EVERY HOUR,

a young child is hospitalized, and



EVERY 12 DAYS

a young child dies.



Are you IN THE KNOW about proper medication storage? [Learn more](#)

New Fiscal Year & More Needs in HoCo: Donate Today

Please become a [Friend of HC DrugFree](#) so we can continue providing FREE programs and resources to the Howard County community. We appreciate your financial 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

What Do You Think?

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

[Take Our 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. 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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