

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

**It only takes one person  
to change your life...you.**

Anonymous

## NEW Info: Hiring in December



**NEW information!** Looking for part-time work that has a positive impact on our community? Want a job you feel good about doing? As a small team, we can be creative in meeting staffing needs. As such, we have **immediate** openings for two positions and are **hiring in December (with flexible January start date if needed)**. Start the new year with a fresh beginning!

Pay and hours for both positions will be determined based on experience and qualifications and are negotiable. Currently, positions are mostly remote, but this is subject to change. Potential for advancement. HC DrugFree is grant funded.

**To apply** for either or both positions, please upload a resume and cover letter at <https://www.surveymonkey.com/r/HCDFEmploymentApp>

[Download Printable Job Description](#)

### **Position 1**

HC DrugFree is looking for someone to teach classes within our educational programs, such as our parenting classes, classes for students, and the Teen Advisory Council.

What we are looking for:

- Individuals with teaching experience are strongly encouraged to apply
- Strong organizational skills
- Comfort using Google Suite and/or Microsoft Office

- Skills related to hosting online meetings and presentations are necessary
- Comfort using social media platforms (Facebook, Twitter, Instagram, LinkedIn)
- Approximately 20-25 hours per week (with the possibility of up to 35 hours per week if desired)
- Mostly daytime availability with some evening hours and occasional weekend events
- Self-motivated

Responsibilities include:

- Teaching already prepared course curricula
- Developing or coordinating educational presentations for groups
- Coordinating registrations for classes
- Collaborating with other team members to advertise for and recruit students and parents to register for classes
- Other tasks as needed

## **Position 2**

HC DrugFree is looking for someone to assist in planning our large events (drive-thru medication collections, town halls, educational programs, Teen Advisory Council meetings, etc.) and to attend other community events to share educational materials about substance use prevention and educate community members about what we do and how they can become involved.

What we are looking for:

- Strong organizational skills
- Comfort using Google Suite and/or Microsoft Office
- Comfort using social media platforms (Facebook, Twitter, Instagram, LinkedIn)
- Skills related to hosting online meetings and presentations are necessary
- A minimum of approximately 15 hours per week, with the potential for additional hours if desired
- Self-motivated
- Must be available to work approximately 2-4 evenings per month and an occasional weekend event as necessary throughout the year as well as be available for planning with other team members during daytime hours
- Must be able to carry a minimum of 10 pounds and
- Must have their own transportation to events throughout Howard County.

Responsibilities include:

- Attending community events and talking with people about HC DrugFree's programs
- Coordinating registrations for events
- Recruiting and coordinating volunteers for events
- Collaborating with the team regarding advertising for events
- Other tasks as needed

**Virtual Town Hall Coming Soon!**

**Register Today for our Virtual Town Hall!**

# How Much is Too Much?

Finding a Balance between  
Academic Performance and  
Student Well-Being

**HCDrugFree**  
Empowering the Community

Howard County  
**PTSA**  
Collaborative Parent Education Group

## Virtual Town Hall

**Monday, January 9 • 5:30 p.m. - 7 p.m.**

Join HC DrugFree and the Howard County PTSA Collaborative Parent Education Group for a virtual town hall for students in grades 8-12, and **parents, guardians, and grandparents of middle and high school students** to learn skills and strategies to help students better cope with academic pressure and stress. There will be a Q&A at the end of the presentation. Registration required.

Learn more: [HCDrugFree.org/currentevents](https://www.HCDrugFree.org/currentevents)



### Teen Advisory Council

Community service hours are available to students who are members of the Teen Advisory Council (TAC). To learn more, please visit HC DrugFree's website.

443-325-0040  
[admin@hcdrugfree.org](mailto:admin@hcdrugfree.org)  
[www.HCDrugFree.org](http://www.HCDrugFree.org)

[Download Printable Flier](#)

## In the KNOW...about Safe Medication Storage



Use medication storage lockboxes to keep prescription and over-the-counter medications out of the wrong hands. If you weren't able to get a medication

lockbox at our Medication and Sharps collection in October, we hope to have more for the spring collection date, so keep checking back!

## Recognizing Mental Health Experts

Learning how to live with mental illness or how to support family members and friends requires more knowledge than what can be garnered from a few self-help books. One of the best potential sources of useful and practical information are the individuals who have personal experience with mental illness, yet many often overlook or dismiss these "experts." With the mental health system overwhelmed, perhaps a re-examination of how we define expertise is warranted. [Read more.](#)

## Your Donations Make a Difference



Since 2012, HC DrugFree has collected more than 16,000 lbs. of medication for disposal during our semi-annual participation in National Drug Take Back Day. This weight doesn't even include the bins upon bins of sharps that we've collected, too!

In addition to our twice-a-year medication & sharps disposal event, we also provide educational programs, prevention resources, and mental health resources year round! All of these things make Howard County a safer, wiser, and more connected community.

Since HC DrugFree operates solely on grants and donations from people like you, your financial contribution makes a difference to our entire Howard County family. It truly takes a village and we couldn't do what we do without you! You have the power to make a difference with your dollars: Donate Today!

Donate



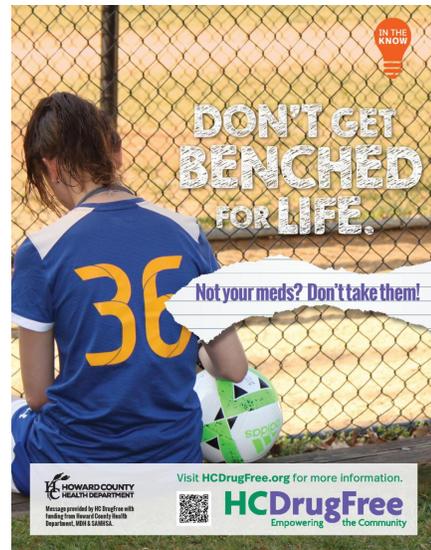
## Screen4Success App



SAMHSA's "Talk. They Hear You" campaign has released a new tool for parents called Screen4Success. The app asks questions about substance use, mental and physical health, general well-being, and family life and helps parents and caregivers identify areas where their child may need additional support. Completing the questions together can give parents another opportunity to discuss topics with their child, but it can also be completed by the child on their own. Learn more and download the app [here](#).

## Supporting Student Athletes Through Injuries

Participating in year-round sports can be hard on the bodies of student-athletes, increasing the risk of injury. Medications may be prescribed to help manage the pain, but they do not help with healing the injury, resulting in some student-athletes trying to play through the pain instead of taking the rest their bodies need. Not healing leads to more injuries, creating a cycle that may put young athletes at higher risk for opioid and heroin use. Parents and coaches can learn more about healthy ways to support young athletes [here](#).



## Marijuana & Hallucinogen Use at All-time High

Results of a recent survey of young adults (ages 19-30) indicate that marijuana and hallucinogen use are at their highest levels since the survey began. Also, while daily alcohol use continues to decline, binge drinking (5+ drinks in a row in the past two weeks) and high-intensity drinking (10+ drinks in a row in the past two weeks) are consistently rising. Similarly, use of nicotine cigarettes has declined, but the use of nicotine vaping has almost tripled since 2017. [Read more.](#)

Quick and Easy Help Available

**988** SUICIDE & CRISIS  
LIFELINE

Being strong  
doesn't mean  
you have to  
do it alone.

**Call us.  
We can help.**



**Call or text 988**

FOR HELP WITH MENTAL HEALTH OR SUBSTANCE USE.



## Follow and Like Us

Join our social media community for more tips and easy ways to share important and potentially life-saving information with your friends and network.

Remember: **Knowledge is Power** and together we can help keep our community *informed, safe,* and **IN THE KNOW!**

Follow us on [Facebook](#), [Twitter](#), [Instagram](#), and [LinkedIn!](#)



## Get Friends Connected to HC DrugFree

Friends keep friends informed! This newsletter and social media remain the best ways for us to share vital information with you! Please Like & Share our content on social media or forward this newsletter to a friend to help us with our mission of keeping Howard County safe and informed. Invite a friend to [subscribe to our newsletter](#). You can also view previous newsletters in the [Newsletter Archive](#) on our website.

For more information, contact

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