



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

You are never too old to set another goal or to dream a new dream.

C.S. Lewis

Save The Date: Upcoming Events

- April 22: [Drive-Thru Medication & Sharps Disposal Event](#)
 - April 25: [Senior Week: Staying Safe in Ocean City Presentation](#)
 - Starting May 2: [Free Classes for Parents & Guardians](#)
 - May 5: [HoCo Student Film Festival](#)
 - May 18: [Town Hall on Youth Vaping](#)
 - May 22: [Teen Advisory Council Meeting](#)
-

Drive-Thru Open on Saturday!

Medication & Sharps Disposal

Saturday April 22 • 10 a.m.-2 p.m.



Safely dispose of:

- Prescription medication
- Over-the-counter medication
- Sharps (syringes, needles, EpiPens, etc.)
- Vitamins
- Pet Medication
- Vape devices (with batteries removed)
- Inhalers
- And more!

Wilde Lake Village Center Parking Lot
5305 Village Center Drive, Columbia 21044

We are giving
away 100 FREE
Medication
Lockboxes!



First come, first served. Limit 1 per vehicle.

HCDrugFree
Empowering the Community
hcdrugfree.org



Drive-Thru Medication & Sharps Disposal Event

Our semi-annual drive-thru medication & sharps disposal event (aka Drug Take Back Day) is just around the corner, and we can't wait to see you!

Join us this Saturday, April 22 from 10 a.m. – 2p.m. in the [Wilde Lake Village Center Parking Lot](#) (near the Columbia Swim Center.)

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!

Free Gift While Supplies Last

We are giving away 100 aluminum medication storage lockboxes so come early because they won't last long! (First come, first served. No holds. Limit 1 per vehicle.)

Volunteers Needed!

We are only a few days away from the big event and we still need more volunteers! We have positions for students (community service hours available) and adults, standing and sitting (bring your own chair.) We also have a particular need for medically trained volunteers to help at the medication sorting table! Sign up to volunteer at the links below:

[Adult & Medically Trained Volunteer Registration](#)

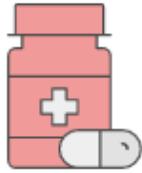
[Youth Volunteer Registration](#)

See you on Saturday, April 22 from 10 a.m. – 2 p.m.

Why Does Proper Disposal Matter?

In the *KNOW*...

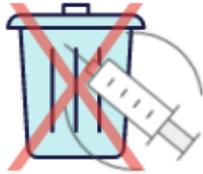
About Medication & Sharps Disposal



Expired or unwanted medication may be misused intentionally or unintentionally.



Flushed medications may pollute our water supply and the surrounding environment.



Improperly disposed of sharps may result in injury to yourself or others!

Help us keep our community safe!

HCDrugFree
Empowering the Community
www.hcdrugfree.org

Senior Week: Staying Safe in Ocean City

Brought to you by

HCDrugFree
Empowering the Community

Senior Week:
Staying Safe in Ocean City

Join other high school seniors and their parents/guardians for “Senior Week: Staying Safe in Ocean City” on Tuesday, April 25 at 7 p.m. This will be a FREE live Zoom event, but must register to receive the link.

Are you ready for Senior Week in Ocean City? While Senior Week can be fun for recent high school graduates, each year many teens opt to engage in risky behaviors that can sour the experience for themselves and others. In an effort to keep our kids safe, HC DrugFree is hosting a Live Zoom presentation on April 25 at 7 p.m. for graduating High School seniors and their families.

We remain committed to helping teens keep themselves and each other safe while helping them, and the parents/adults who care about them to understand some of the many dangers facing unsupervised youth. It is our hope that by hosting this program, Howard County teens planning to attend Senior Week will have additional information to make wise decisions. HC DrugFree is not promoting Senior Week because we know the many risks to unchaperoned teens. Talk to your teens and set clear expectations.

Registration required.

[Learn more](#)

Register

Students: Earn Community Service Hours!



We are in search of **Teen Volunteers** for our Medication & Sharps Disposal event coming up on Saturday April 22 from 10 a.m. - 2 p.m. Student volunteers are needed as early as 9 a.m. and can earn community service hours if all

paperwork is complete before the event. Teens can make a difference in our community!

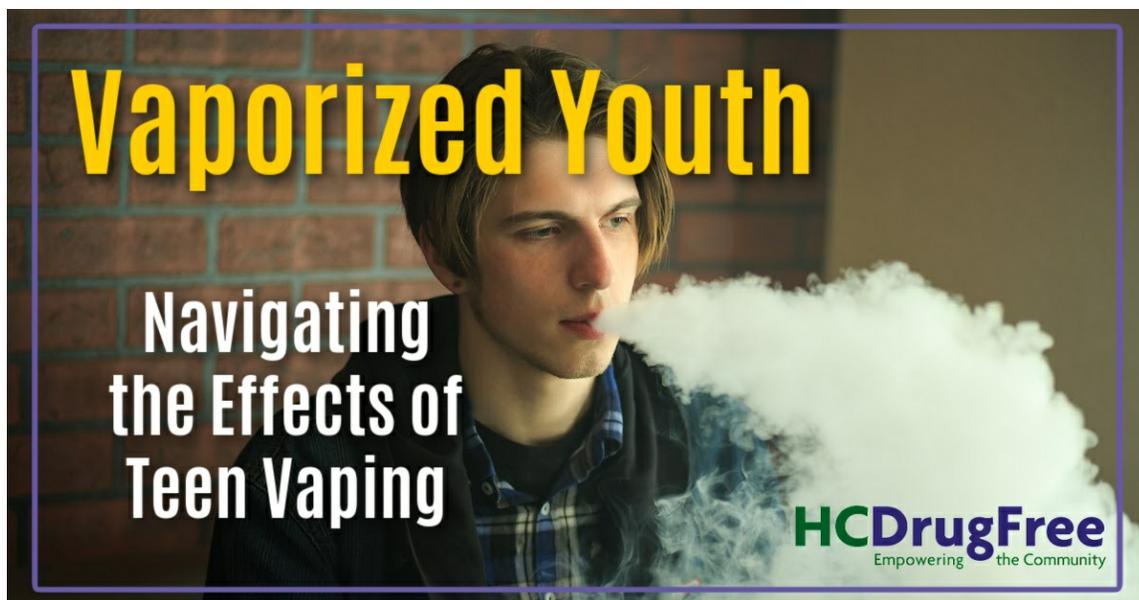
Register Now: [Student Volunteer Registration](#)

Looking for more ways to get involved?

HC DrugFree invites all **Howard County students in grades 8-12** to join the Teen Advisory Council (TAC). TAC provides a meaningful way for students to earn community service hours while building a powerful resume for job and college applications.

Our next TAC meeting will be held on Monday, May 22 at 5:30 p.m. on Zoom. Register today to join TAC and make a difference. [Learn more](#)

Save the Date: Town Hall on Youth Vaping



DID YOU KNOW...?

- Nearly 40% of high school students will try vaping
- More 8th-10th graders vape than drink or use cannabis
- Despite being promoted as a healthier alternative to smoking, vaping poses numerous health risks

HC DrugFree presents a virtual town hall about youth vaping on Thursday May 18 at 7pm. This educational event features Joan Webb Scornaienchi, Executive Director of HC DrugFree, Mark Donovan, LCPC, LCADC of Congruent Counseling, and Dr. George Kolodner, a board-certified psychiatrist specializing in nicotine addiction. Learn about the consequences of youth vaping and what we can do about it. Registration required.

[Learn more and register](#)

WARNING! Xylazine: A Drug That Naloxone Can't Combat

The Drug Enforcement Administration (DEA) and Maryland Department of Health continue to warn of Xylazine, also known as "Tranq," a veterinary medication being mixed with fentanyl, cocaine, or heroine.

The side effects are serious, and since Xylazine is not an opioid, naloxone cannot reverse the effects. [Read more](#)

The Mental Health Benefits of Spring Cleaning

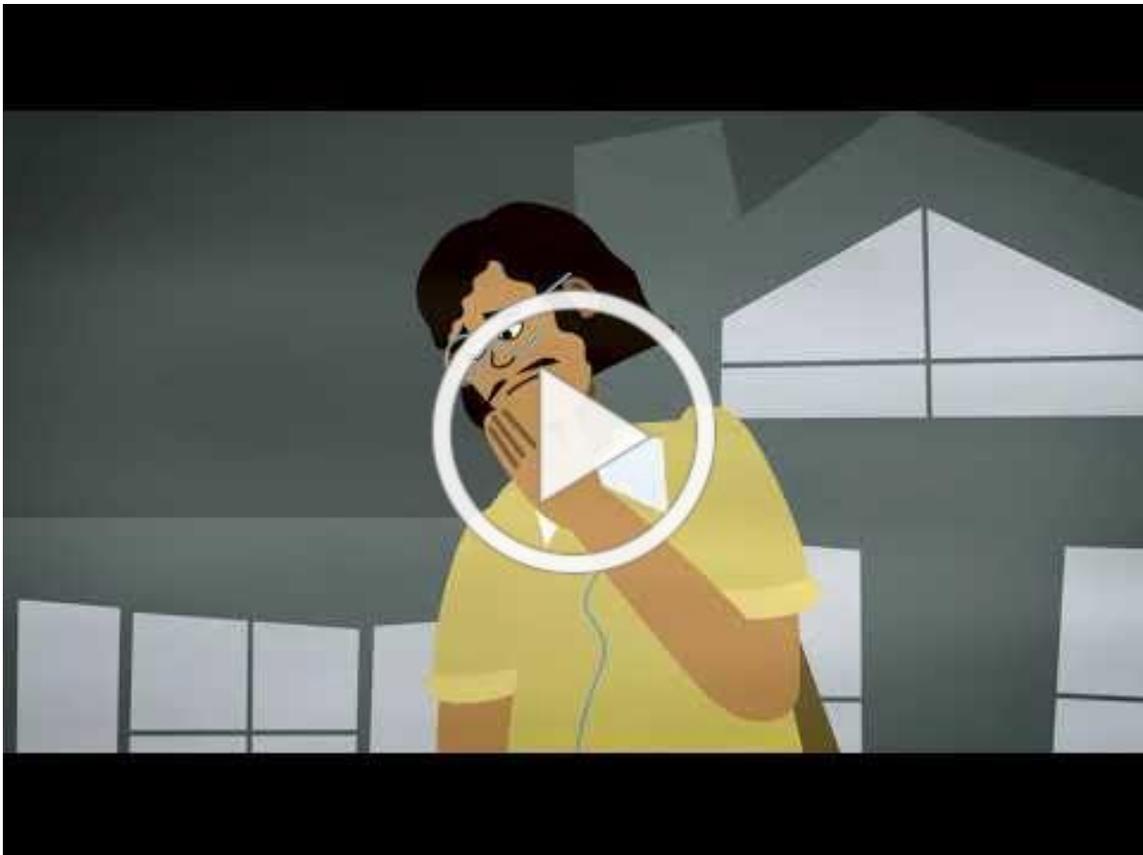
Spring cleaning can boost your mental health by reducing stress and anxiety, improving focus, enhancing creativity, and providing a sense of accomplishment. It's a fun and meaningful way to tidy up your space and improve your mindset. Don't forget to clean your medicine cabinets too because we want your meds and sharps. [Read more](#)

Make Gratitude Feel Less Like a Chore

We all know that gratitude is good for us, but how can we put it into practice in a way that doesn't feel like just another item on our never ending to-do lists? [Read more](#)

Emotional Support Human Manifesto

Being human is complicated, but showing up for each other shouldn't be. Emotional support humans all over Howard County are reaching out, showing up, and listening. Are you ready to be an Emotional Support Human?



[Watch Video](#)

Follow and Like Us

Join our social media community for more content 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](#)!



Your Financial Support Keeps Us Working for YOU



Come join our team on Saturday and while you're at it, please make your donation today to become a [Friend or Sponsor of HC DrugFree](#). We depend upon the generosity of individuals, organizations, and businesses to support our free services. Please make a gift of any size today.

[Donate](#)



Additional Resources



Thoughts of Suicide?

Mental Health Crisis?

Substance Use Crisis?

**Call or Text
988**



For more information, contact

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Wilde Lake Village Center
Columbia, MD 21044
Admin@hcdrugfree.org
www.hcdrugfree.org



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