

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

**When you look at a field of dandelions, you can either see a  
hundred weeds, or a thousand wishes.**

*-Unknown*

## Save the Date

[March 12: Guiding Good Choices - Free Parenting Classes](#)

[March 18: TAC Talks: Teen Listening Session](#)

[March 20: New! Save the Date! Senior Week: Staying Safe in Ocean City](#)

[April 14: HoCo Student Film Submission Deadline](#)

[April 16: Parenting Strategies: How to Talk about Drug Use in Popular Media](#)

[April 27: Medication and Sharps Drive-Thru Collection](#)

[May 3: HoCo Student Film Festival](#)

## Parents & Grandparents: Register NOW!



Parents, Guardians, and Grandparents:

Learn skills to help your HoCo kids and grandkids!

Guiding Good Choices® is an evidence-based curriculum that helps adults to build stronger relationships with their kids, all while teaching them how to deal with peer pressure and avoid risky behaviors. If you are the parent, guardian or grandparent, then this may be a powerful resource for you.

Learn how to:

- Prevent drug use in your family
- Develop healthy attitudes and clear standards
- Avoid trouble and response to peer pressure

- Manage conflict and express feelings constructively
- Strengthen family bonds
- and much more!

We urge you to attend all five of HC DrugFree's Zoom classes scheduled to be held on **Tuesdays, March 12, 19, April 2, 9, and 16** from **Noon – 1:30 p.m.**

[Learn more & register](#)

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## Come Work with Us! HC DrugFree is Hiring!

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HC DrugFree is looking for self-motivated Howard County professionals with a heart for people of all ages in our great community. Those with educational, public service, or nonprofit experience are strongly encouraged to apply. All candidates must pass a background check and possess strong organizational skills, writing skills, and computer skills.

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**Individuals with teaching and leadership experience are strongly encouraged to apply.**

**We strongly encourage individuals retired or about to retire from HCPSS to apply!**

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### **Part-Time to Full-Time Educational Outreach Coordinator** **Start Date: Immediate**

HC DrugFree has an **immediate opening** for a part-time or full-time **Educational Outreach Coordinator** with potential for advancement within the organization. This position is ideal for a **highly professional, energetic, and self-motivated** individual, able to excel in a dynamic team environment. Currently, the position is primarily remote, but in-person work is required for events and meetings. Salary commensurate with experience. Use application link to submit requested materials or questions.

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### **Part-Time Marketing & Outreach Assistant** **Start Date: Immediate**

**Immediate opening** for a part-time **Marketing & Outreach Assistant** with potential for advancement within the organization. This position is an excellent opportunity for someone with a passion for **community engagement, marketing, and technology**. Currently, the position is primarily remote, but in-person work is required for events and meetings. Salary commensurate with experience. Use application link to submit requested materials or questions.

[Learn More & Apply](#)

## Wanted: Creative PSAs

# Wanted: Student Filmmakers



**Submit your film to the HoCo Student Film Fest by April 14 for your chance to win the 2024 HC DrugFree Category!**

[hcdrugfree.org/hoco-filmfest](https://hcdrugfree.org/hoco-filmfest)

**HoCo Students: Submit your Public Service Announcement (PSA) by April 14!**

Join HC DrugFree and the HoCo Student Film Fest for another year of creative filmmaking fun!

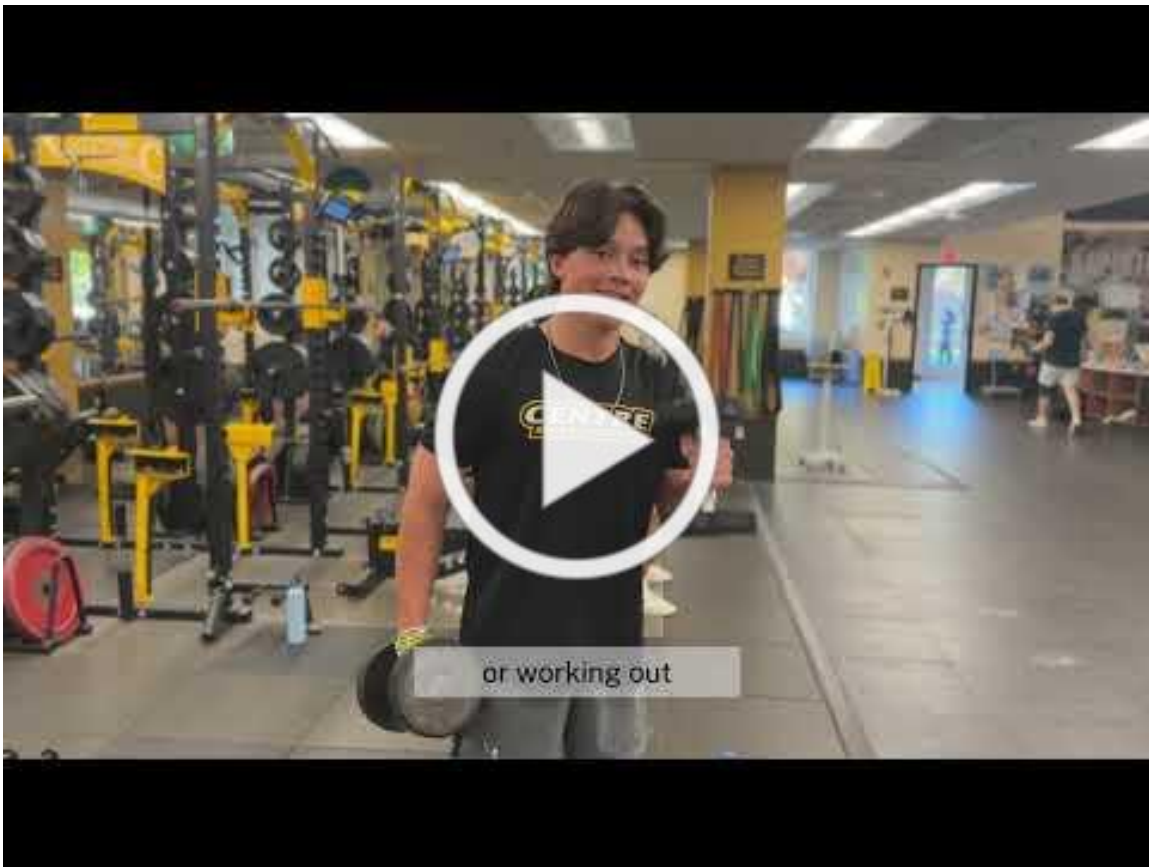
HC DrugFree is proud to have our own PSA category in the Film Fest. The "KNOW Your No" theme was chosen to showcase the ways teens stay true to their personal values, stand up to peer pressure, and avoid risky behaviors by using Refusal Skills, all while keeping their friends.

HoCo students may enter now to flex your creativity, connect with other HoCo filmmakers, and have a chance at winning a prize for the best PSA. Contact HC DrugFree's staff if you have any questions. The 20th Annual HoCo Student Film Festival will be held on May 3rd at the Miller Library, 7 - 8:30 p.m. [Learn more and get involved](#)

## HoCo Resource Guide for Older Adults

The Howard County Office on Aging and Independence has published a new resource guide for older adults, persons with disabilities, and caregivers for 2024. [Read more](#)

**Student Substance Misuse PSA Wins National Recognition**



[Watch Video](#)

A Centre College student, Ethan Banzon, earned national recognition from the Drug Enforcement Agency (DEA) and the Substance Abuse and Mental Health Services Administration (SAMHSA) for a public service announcement created to help combat drug misuse. [Read more](#)

**New Date!!!**

**Middle & High School Students, Parents, & Grandparents:  
TAC TALKS: Community Teen Listening Session**

# TAC TALKS



**Teen Listening Session:  
Bridging the Gap Between  
Middle & High School**



**NEW DATE: Monday, March 18, 5:30 - 7 p.m.**

TAC TALKS: Community Teen Listening Session

Join Howard County teens as they present "insider information" for middle school students, parents/guardians, grandparents, educators, and their high school peers during this special student-lead community program. This is a unique opportunity for community members to listen to the real experiences of HoCo youth to better understand and support them.

[Learn more and register](#)

## HoCo Students: Get Involved

HC DrugFree invites **all Howard County students in grades 8-12** to attend our monthly meetings/events and serve as student ambassadors in their schools and in the community.

### Why join TAC?

- Earn Community Service Hours
- Gain experience for job & college applications
- Volunteer opportunities year round
- Be a leader and role model in Howard County!

[Learn more about becoming a member of TAC](#)

[Learn More](#)

## Help Save a Life: ASIST Training



Learn the skills.

# Help save a life.

Suicide is preventable. Anyone can make a difference.

- Two-day workshop in suicide intervention skills
- Learn and practice life-saving intervention model
- Widely used by professionals and the general public

### Thursday, February 22 - Friday, February 23

The ASIST Training is for individuals who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. You don't need any prior training to attend ASIST, just a willingness to make a difference.

Participants will learn how to:

- Recognize and assess the risk of suicide
- Use an effective suicide prevention model
- Define and maximize community resources

This training is provided by certified ASIST trainers from Grassroots Crisis Intervention. [Learn more and register](#)

## Medication Safety

# In the *KNOW*...

## Medication Storage

### Do

- ✓ Speak to your pharmacist about the potential for misusing prescribed meds
- ✓ Store your meds in a cool, dry place
- ✓ Keep meds in the original container
- ✓ Store meds in a secure place out of reach of children & pets
- ✓ Properly dispose of unused or expired meds

### Don't

- ✗ Leave your medication in easily accessible place
- ✗ Store medicine in a locations where the temperature or humidity fluctuates
- ✗ Share prescription medication
- ✗ Flush medication down the toilet or pour it down the drain!
- ✗ Save old medication indefinitely

**HCDrugFree**  
Empowering the Community

[www.hcdrugfree.com/medstorage](http://www.hcdrugfree.com/medstorage)

Learn how to safely store and dispose of medication to remove the risk of intentional or unintentional misuse in your home. [Learn more](#)

Become a Friend of HC DrugFree

Please consider becoming a [Friend of HC DrugFree](#). Your support shows

fundere that you value the work that we do. Thank you for your continued support of the important work we do at HC DrugFree!

[Donate Now](#)

Or mail your **2024 donation** to HC DrugFree's office:

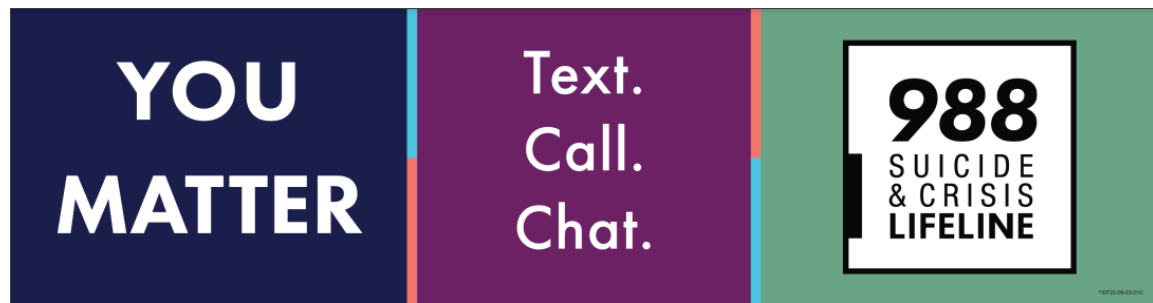
HC DrugFree  
5305 Village Center Drive, Suite 206  
Wilde Lake Village Center  
Columbia, Maryland 21044

## Please...Tell Us What You Think!

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

[Survey](#)

## Resources



**You matter!** If you need it, support is at your fingertips. People in distress, in crisis, or struggling with alcohol or substance use can text, call, or chat 988 anytime, day or night. Learn more at [988lifeline.org](https://988lifeline.org)

## HAVE THE CONVERSATION...



**About the risks of gambling and  
How to keep Gambling Safe**

**Call, Text** (1-800-426-2537)  
**or Chat** ([HelpMyGamblingProblem.org](https://HelpMyGamblingProblem.org))



**1-800-GAMBLER**

[Additional Resources](#)

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For more information, contact

Joan Webb Scornaienchi  
Executive Director  
HC DrugFree  
5305 Village Center Drive, Suite 206  
Wilde Lake Village Center  
Columbia, MD 21044  
Admin@hcdrugfree.org  
[www.hcdrugfree.org](http://www.hcdrugfree.org)



HC DrugFree | Wilde Lake Village Center, 5305 Village Center Drive, Suite 206, Columbia, MD 21044

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