

HC DrugFree

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

"Nothing ever seems impossible in spring, you know."

L.M. Montgomery

Save the Date

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

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

April 20: [Earth Day Festival at Wilde Lake Community Association](#)

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

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

National Drug & Alcohol Facts Week

HC DrugFree

presents

What's Your WHY?

National Drug & Alcohol Facts Week

HC DrugFree is proud to partner with the National Institute on Drug Abuse (NIDA) and the National Institute on Alcohol Abuse and Alcoholism (NIAAA) for National Drug and Alcohol Facts Week® (NDAFW)

[Watch Video](#)

Once again, HC DrugFree was proud to participate in National Drug and Alcohol Facts Week (NDAFW) held this year from March 18 to 24. We provided two free programs and a class to the Howard County community to help share facts about drugs, alcohol, substance use disorder, and provide opportunities for more open discussion about these topics.

How To Talk to Kids about Substance Misuse in the Media

Depictions of drug and alcohol use is widespread in current media, including shows often viewed by teenagers such as *Stranger Things*, *The Queen's Gambit* on Netflix and HBO's *Euphoria*. Given that research indicates that exposure to these messages increases teenage substance use, what can parents do to protect their children? Join Dr. Weiner for an exploration of the psychological impact of drug use in media, as well as actionable strategies for parents and caregivers to help teenagers navigate this complicated social and cultural terrain. [Learn more & register](#)

In Partnership with **HCDrugFree**

Parenting Strategies

and How to Talk about Drug Use in Popular Media

April 16, 7–8:30 p.m.
Virtual Event

Depictions of drug and alcohol use is widespread in current media, including shows often viewed by teenagers such as *Stranger Things*, *The Queen's Gambit* on Netflix and HBO's *Euphoria*. Given that research indicates that exposure to these messages increases teenage substance use, what can parents do to protect their children?

Join Dr. Weiner for an exploration of the psychological impact of drug use in media, as well as actionable strategies for parents and caregivers to help teenagers navigate this complicated social and cultural terrain.

Register now online!

<https://bit.ly/HCDrugFree>

For questions, contact
Lakisha Williams
williams@hcdrugfree.org
410-313-6235 (on weekdays)

Howard County
Office of the Local Children's Board

If you need this document in an alternate format, call the 410-313-6235 (on weekdays). Should you need accommodations to participate, contact us at least one week in advance.

PROM Promise



We PROMise

You can still have **fun** on Prom Night,
while staying **safe** and **sober**.

HCDrugFree

This week, acting school superintendent, William J. Barnes, sent out an email reminding HCPSS families how dangerous Prom season can be for teens. We are sharing this message to echo the desire for young people to create wonderful memories while making responsible choices that help to keep themselves and others safe.

Letter from the Superintendent Regarding High School Proms

Dear HCPSS Parents and Guardians,

As we approach the last few months of the school year, we have much to look forward to—proms and graduations included. Parents/guardians want these experiences to be memorable and want our teens to stay safe and make good decisions.

Prom season can be a particularly dangerous time for our teens who find themselves in the wrong situation, with the temptation of alcohol and drugs

impairing the judgement of our young and inexperienced drivers. According to the Centers for Disease Control and Prevention, teens are [more likely than anyone else to be killed in an alcohol-related crash](#). Data shows 19% of 15- to 18-year-old passenger vehicle drivers involved in fatal crashes in 2021 had been drinking. Illicit, as well as prescribed and over-the-counter drugs, also can affect your teen's driving. I encourage you to talk with your teen about alcohol and drug use. [Substance abuse supports and resources](#) are available on the HCPSS website.

I am grateful to each of our high school's PTAs/Boosters that have created fun, safe, alcohol- and drug-free events for students to attend after prom to enhance and extend their celebration. I highly encourage all students to be part of the exciting after-prom activities at their school.

The safety of your children is always top of mind, and I strongly urge you to talk to your children about making good decisions and staying safe at prom and all of the end of the year celebrations.

I hope your children are excited about all the upcoming events at their schools over the next few months. I look forward to an exciting and safe prom season and celebrating with all our graduating seniors in May.

Sincerely,
William J. Barnes
Acting Superintendent, HCPSS
[Source](#)

Join Us at the Wilde Lake Earth Day Festival

The Wilde Lake Community Association Earth Day Festival has a goal of raising awareness of the need to preserve and protect our Earth in order for our future generations to thrive. The festival is a time to come together and celebrate our Earth through crafts and activities.

Join HC DrugFree, along with other Wilde Lake businesses, organizations and neighbors in celebrating Earth Day at the Wilde Lake Village Center on Saturday, April 20 from 10 a.m. to 3 p.m.

[Download flier](#)



HoCo Teens Share Valuable Insights

In case you missed our live event, you now have another chance to experience TAC Talks!

This unique program was created 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 TAC Talks. While TAC Talks was intended to help middle schoolers transition to high school, the wisdom shared is definitely worthwhile for current high schoolers, as well as the adults who are supporting middle and high school students in their growing up years.



Many thanks to everyone who helped make TAC Talks a reality, especially the members of HC DrugFree's Teen Advisory Council who truly put their heart and soul into this project.

[Learn more & watch TAC Talks](#)

HoCo Film Festival Submissions are Due April 14



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

Student Filmmakers - This is your final reminder that submissions for the **HoCo Student Film Fest** are due Sunday, April 14.

Each year, HC DrugFree sponsors a PSA category in the Film Fest and this year, the theme of our category is **KNOW Your NO!** This category 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.

The HoCo Student Film Festival will be held on Friday, May 3 at the Miller Library in Ellicott City. We hope to see your film on the big screen during this cinematic evening.

[Learn more](#)

HoCo Students: Get Involved

HC DrugFree invites **all Howard County students in grades 8-12** to attend our monthly meetings 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!

TAC Members are encouraged to volunteer for our Medication and Sharps Disposal Event on **Saturday, April 27** to earn Community Service Hours. More information is below. There will be no other April TAC meeting or event. The next TAC meeting is scheduled for **Monday, May 13** from 5:30 to 7:00 p.m. on Zoom. [Learn more & register](#)

[Learn More about Joining TAC](#)

Drive-Thru Medication & Sharps Collection

Breathe Easy



HCDrugFree

**Safely dispose of inhalers
at our disposal event.**

Drive-Thru Medication & Sharps Disposal

Saturday, April 27 • 10 a.m. - 2 p.m.

Take a deep breath and RELAX because we're making it a breeze to dispose of your unwanted meds, sharps, INHALERS, and more! Start your spring cleaning with your medicine cabinet and bring your expired or unwanted items to our convenient drive-thru event.

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! (If you aren't sure, just bring it!)

We are giving away 100 medication storage lockboxes so be sure to come right when the event begins because these aluminum combination lockboxes won't last long! (First come, first served. No holds. Limit 1 per vehicle.)

Medication & Sharps Disposal

Saturday, April 27 • 10 a.m. - 2 p.m.

Wilde Lake Village Center Parking Lot (near the Columbia Swim Center)

5305 Village Center Drive, Columbia 21044

[Learn more & volunteer](#)

Be Our Friend!

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