

HC DrugFree

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



“Knowing yourself is the beginning of all wisdom.”

-Aristotle



Dates to Remember

May 1-31: Mental Health Awareness Month

May 12–18: [National Prevention Week](#)

May 15 - 21: Mental Health Week

May 31: [World No Tobacco Day](#)

June 3: [HC DrugFree's Teen Advisory Council Meeting](#)

National Prevention Week: May 12-18

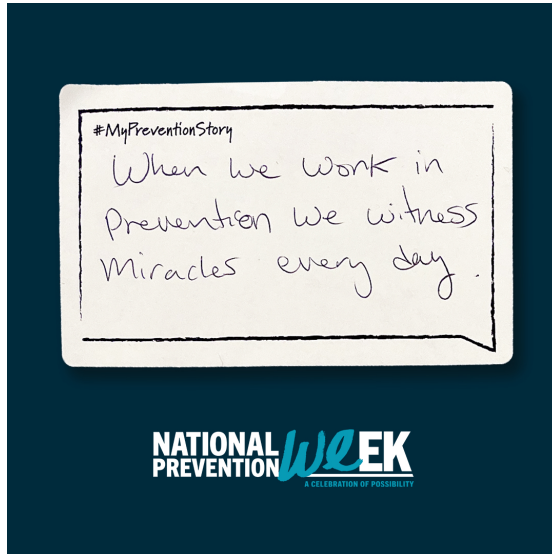


National Prevention Week (May 12-18) is a public education platform sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA) showcasing the work of communities and organizations across the country dedicated to raising awareness about the importance of substance use prevention and positive mental health. HC DrugFree is proud to join with SAMHSA in celebrating possibilities, supporting mental health, and preventing

substance misuse in our community.

TELL US YOUR #MyPreventionStory

Join us in amplifying the power of prevention by sharing your story in the #MyPreventionStory campaign. Everyone's mental health and substance use prevention experiences are unique your story may inspire someone. To participate, [print out the #MyPreventionStory speech bubble](#) and write out your story the page. Upload a picture of your speech bubble to social media, tag HC DrugFree and SAMHSA, and use the hashtag #MyPreventionStory to join the online prevention conversation.



Here are some prompts and thought starters that may help you brainstorm some ideas of how to tell your #MyPreventionStory.

- What does prevention and/or recovery mean to you?
- Why is prevention important?
- How do you take care of your mental health?
- Why did you get involved in prevention?
- Why is it important to promote positive mental health?
- What is the most important thing you would want people to know about prevention and/or recovery?
- What do you love most about the prevention and/or recovery community?
- Who inspires you to take care of your mental health?

Thank you for sharing your story!

[Learn more about National Prevention Week](#)

High School Graduation Celebrations



Before your high school graduate celebrates, talk with them about keeping events drug free - including alcohol. It may save a life! No amount of underage drinking is safe. And we know that underage drinking can lead to consuming too much alcohol, which may result in poor decisions, injuries, alcohol overdose, and possibly death. [Learn More](#)

HC DrugFree PSA Winner

The 2024 HoCo Student Film Festival was held on Friday, May 3 at Miller Library. HC DrugFree's Public Service Announcement (PSA) Category theme was *KNOW Your Know!* Our 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.

The winner of the HC DrugFree PSA category this year is "Refusal Skills: Say No" submitted by Daniel Cho. Congratulations, Daniel. Enjoy the PSA!



[Watch Video](#)

“In the KNOW” is one of HC DrugFree’s larger education campaigns. For more information, click on “In the KNOW” on HC DrugFree’s homepage at www.hcdrugfree.org. Other submissions can be viewed on the [HoCo Student Film Fest YouTube Channel](#).

Thank you to the three HCPSS advisors of the HoCo Film Fest. Pictured below with HC DrugFree's Executive Director Joan Webb Scornaienchi, Randi Trzesinski with Oakland Mills High School (far left), Binki McKenna retired HCPSS (second from right), and Jill Lee with Reservoir High School (far right).



Mental Health Awareness Month

You are not alone

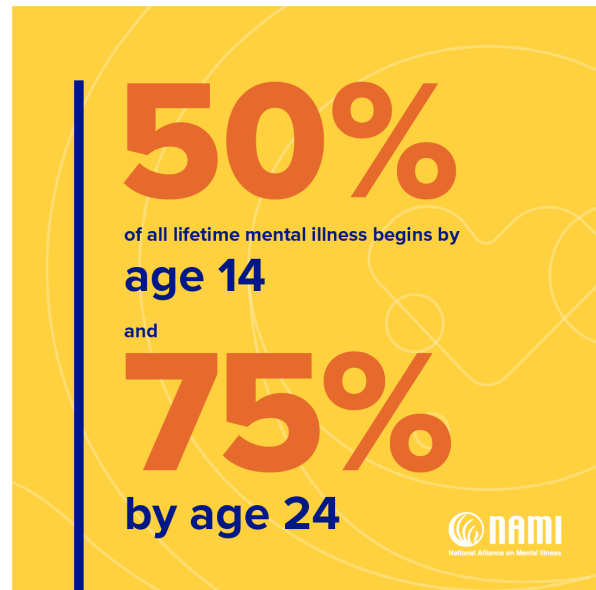


The 2024 mental health awareness month theme "Take The Moment" promotes the importance of destigmatizing mental health by normalizing the practice of taking moments to prioritize mental health care.

One in 6 U.S. youth experience a mental health condition each year, and only half of them receive treatment. ([NAMI Mental Health by the Numbers](#))

There are many ways to support students, raise awareness, and increase access to mental health resources:

1. [Know the warning signs](#) that may indicate a person is struggling with a mental health concern.
2. Promote the [988 Suicide and Crisis Lifeline](#) number so that everyone knows how they can immediately connect with a crisis counselor.
3. Share with students the new peer resource "Talk to Us" offered through the National Alliance on Mental Illness (NAMI). The [Teen and Young Adult Helpline](#) is a safe space for students to connect with a trained peer who pulls from their own experiences to answer questions and talk about available resources and supports.

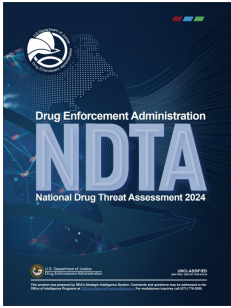


More Than 320,000 Children Lost a Parent

According to a new study, between 2011 and 2021, more than 320,000 children in the United States have lost a parent to drug overdose.

[Learn more](#)

DEA Releases 2024 National Drug Threat Assessment



The National Drug Threat Assessment (NDTA) is the Drug Enforcement Administration's (DEA's) comprehensive strategic assessment of illicit drug threats and trafficking trends endangering the United States. Recently, the DEA released their 2024 report.

[Learn More](#)

Final Teen Advisory Council of the School Year

HC DrugFree's invites **all Howard County students in grades 8-12** to attend our **Monday, June 3 Teen Advisory Council (TAC) Meeting** from 5:30 to 7:00 p.m. on Zoom.

[All students must register to receive the June meeting Zoom link.](#)

Members of TAC 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

[Learn More & Register](#)

Senior Week Safety Program Replay Available

Parents & Graduating Seniors: If you missed our LIVE Senior Week safety program, the recording is available. This program is full of important information from Ocean City Beach Patrol, Ocean City Police, and Howard County high school graduates to keep our graduating seniors safe during their time in Ocean City or at any beach.



[Watch Video](#)

Drive-Thru Medication & Sharps Collection Slideshow

The commemorative slideshow of our [April 27 Medication & Sharps collection](#) remains available for your viewing

pleasure. A huge thank you to students Daniel Cho and Conan Chung and parent Sunhee Lim for taking photos during the event and to the many volunteers, partners, and community members helping to make this event so successful.



[View Slideshow](#)

Take Action Today!

Please become a [Friend of HC DrugFree](#). We need your financial support to continue providing free services to youth, adults, and families.

[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 can 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

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



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

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