

HC DrugFree

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

☂ "April is a promise of what is to
come." □

-Hal Borland

Dates to Remember in April

April: [Alcohol Awareness Month](#)

April: [National Stress Awareness Month](#)

April 7-13: [National Public Health Week](#)

April 7: [World Health Day](#)

April 14-21: Howard County Public School System (HCPSS) Spring Break

April 25-29: [National Youth Violence Prevention Week](#)

April 26: [Medication and Sharps Drive-Thru Collection](#) in the Wilde Lake Village Center Parking Lot

April 29: [National Fentanyl Awareness Day](#)

Alcohol Awareness Month

April is Alcohol Awareness Month - a time to raise awareness and understanding of alcohol use and misuse. It offers communities a chance to gain more understanding of how individuals struggle with alcohol use and offers resources and support.

What is a Standard Drink?

- 12 oz beer (5% alcohol)
- 5 oz wine (12% alcohol)
- 1.5 oz liquor (40% alcohol)

Signs of Excessive Drinking

- Drinking more or longer than intended
- Struggling to cut down



- Needing more alcohol for the same effect
- Drinking despite negative effects on mood, health, or relationships
- Withdrawal symptoms when not drinking

Tips to Manage Alcohol Use

- Set daily & weekly limits
- Avoid triggers that lead to drinking
- Track your intake
- Ask a friend to help you stay accountable
- Seek professional guidance if needed

Alcohol Policies That Help Reduce Harm

- Minimum legal purchase age
- Limiting sales hours
- Higher alcohol taxes
- Restricting alcohol advertising

Treatment for alcohol use varies based on a person's needs. But there are many choices today that make recovery possible. Visit [samhsa.gov/find-help](https://www.samhsa.gov/find-help) if you or someone you know is looking for help for alcohol use or misuse.

Drive-Thru Meds & Sharps Collection

Saturday, April 26

Event: 10 a.m. to 2 p.m.

Wilde Lake Village Center parking lot in Columbia

(2-minute drive from the Mall in Columbia and near the CA Swim Center, Slayton House and The UPS Store)

According to the Drug Enforcement Administration (DEA), National Prescription Drug Take Back Day is a safe, convenient, and responsible way to dispose of unwanted or expired prescription drugs.

The next Take Back Day is **April 26, 2025 from 10 a.m. to 2 p.m.** at locations nationwide including HC DrugFree's convenient drive-thru collection in the **Wilde Lake Village Center parking lot in Columbia** (a 2 minute drive from the Mall). Mark your calendars!

The DEA's October 2024 Take Back Day brought in 629,953 lbs. (314 tons) of medication with HC DrugFree's site collecting 1,169 lbs. of meds in 4 hours on that day.

This brings the total amount of prescription drugs collected by DEA since the fall of 2010 to more than 19.2 million pounds (9,600 tons) of medication. In partnership with the Howard County Police Department and the DEA, HC DrugFree has held twice-a-year collections since 2012.

What Should You Do With Your Unused Meds?

Most people who misuse prescription drugs get them from family, friends, and acquaintances. You can make a difference by keeping track of the medicine you have, by rethinking where and how you keep your medications in your

home, and by safely disposing of any unused medications. **Don't be your family's drug dealer!!!**

Bring prescription and over-the-counter medications, needles, syringes, Epi-Pens, vitamins, vapes, pet medications, and more to HC DrugFree's collection site on Saturday, April 26.

100 medication storage boxes will be given away. [Learn more.](#)



Drive-Thru Medication & Sharps Disposal Event
Saturday, April 26 • 10 a.m. - 2 p.m.
Wilde Lake Village Center parking lot by CA Swim Center
5305 Village Center Drive, Columbia 21044
Bring medication, vitamins, needles, syringes, EpiPens, inhalers, vapes, & more!

100 FREE Medication Lockboxes! **HCDrugFree**
hcdrugfree.org 

Volunteer Now!

Volunteers Needed



Register Today!
HCDrugFree
Empowering the Community

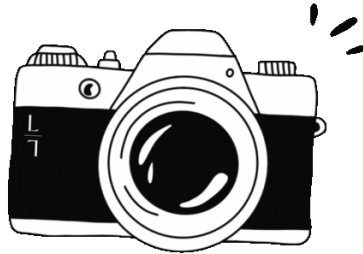


Hey, HoCo! We need more helping hands. Would you lend us yours? On Saturday, April 26, we need your help at our drive-thru Medication & Sharps collection. As always, we depend on volunteers to make this event a success. We need many **student and adult volunteers**. **In addition, we need medically-trained adults** (pharmacists, EMTs, nurses, doctors, etc.) to handle the items collected.

We have jobs for everyone: young or young-at-heart and those wanting to stand or sit (please feel free to bring a chair). Serve our community with your family/friends or come make new friends. **Let's remove unwanted and expired medications from homes across the HoCo community and work side-by-side to keep our youth and families safe.**

Reminder: **Student volunteers are eligible to receive Community Service Hours** if all forms are completed and signed at the event. We encourage adults to accompany students. [Volunteer](#) and [learn more about the event](#).

Sign Up Now! Photographers, Tables & Canopies Wanted



If you want to be on our **photography team** for our April 26 event, feel free to volunteer your talents. Also, we are in need of several **tables** and a couple **canopies** for shade for our fearless sorting team to use during our medication and sharps disposal event.

If we can borrow your items, we would appreciate if you could drop off them before 9 a.m. and pick up at 1:45 p.m. on Saturday, April 26 in the Wilde Lake Village Center parking lot near the Swim Center. Please label each item with your name and contact information so we can make sure everything is returned to the owner. Rain or shine event.

[Sign up here](#) to volunteer your photography talents/tables/canopies.

Teen Advisory Council Meeting

HC DrugFree invites **all Howard County students in grades 8-12** to attend our **Monday, May 19** Teen Advisory Council (TAC) Meeting from 5:30 to 7:00 p.m. on Zoom. Because we have Life Skill classes and the Medication and Sharps collection in April, we will not have a TAC meeting until May 19.

Students: [Register to receive the May 19 meeting link](#)

Members of TAC attend our monthly meetings and serve as student

ambassadors in their schools and in the community.

Why join TAC?

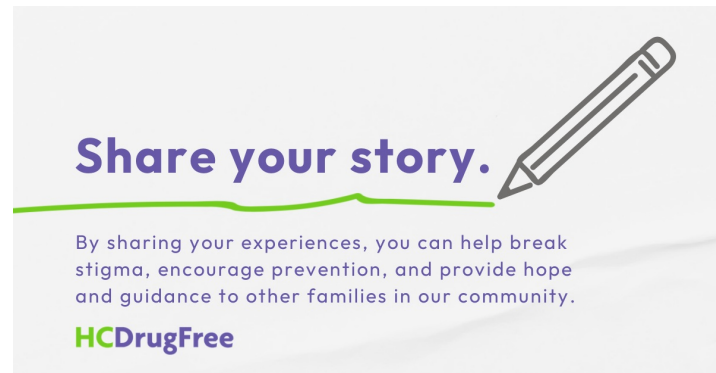
- Earn Community Service Hours
- Gain experience for job & college applications
- Volunteer opportunities year round
- Be a leader and role model in Howard County

[Learn more about TAC.](#)

Share Your Story – "He Was Trying to Get Better... He Didn't."

In our latest "**Share Your Story**" blog, a community member bravely shares the devastating impact of losing their nephew to an accidental overdose. [Read the full story here.](#)

We invite you to share your story and help others in our community by raising awareness about youth substance use, behavioral health challenges, and the dangers of rising drug trends. **All information shared will be anonymous.** [Submit your story through our online form.](#)



Guiding Good Choices® Classes

Thank you to all the parents and grandparents who joined us for our spring 2025 **Guiding Good Choices® classes.**

Guiding Good Choices® is an **evidence-based program** designed to help parents, guardians, and grandparents **strengthen family bonds, navigate peer pressure, and prevent risky behaviors.**

Participants learned:

- Proven techniques to prevent drug use within your family
- Strategies to set clear expectations and promote healthy attitudes
- Conflict resolution skills to strengthen family relationships
- Ways to prepare kids for peer pressure and risky situations

We hope you can join us for our **fall 2025 classes.**

Support Medication Collections and Other Events!



HCDrugFree
needs your support!
Help us help Howard County

www.hcdrugfree.org/donate/



Your support allows us to provide our FREE resources and programs to the community. Please donate today by visiting hcdrugfree.org/donate or mailing a check to: HC DrugFree, 5305 Village Center Drive, Suite 206, Columbia, MD 21044

[Donate here!](#)

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, Fentanyl Test Strips, Xylazine Test Strips Available in Maryland: Free training and test strips available across Maryland. [Access map](#) and [learn more](#)

[Additional Resources](#)

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For more information, contact

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