

HC DrugFree

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

“Volunteers are love in motion!”

—Author unknown

Wanted: Volunteers of All Ages



Be part of something that makes an immediate impact.

Join us on **Saturday, April 25** for our Drive-Thru Medication Disposal Event and help remove unwanted and expired medications from homes across Howard County. This is one of the most direct ways you can help prevent misuse and protect youth and families.

We want YOU:

- **Medically trained adults** (pharmacists, EMTs, nurses, doctors, etc., to share their skills)
- **Students**
- **Adults**

Students and adults of all ages are needed.

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.

We need **75-100 student and adult volunteers.**

As always, we depend on the community to make this event a success as we 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 their students.

[Learn more & volunteer](#)

Medication Collection on Saturday, April 25

On **April 25**, communities across Maryland will join the DEA's National Prescription Drug Take Back Day to dispose of unused or expired medications safely.

HC DrugFree's next drive-thru medication collection will be held this Saturday from 10 a.m. to 2 p.m. in the Wilde Lake Village Center parking lot in Columbia near the Slayton House and CA Swim Center. The Howard County Police will guard and transport all medications. Howard County students can earn Community Service Hours if they properly register.

Pills may remain in bottles. No need to remove labels.

Safely dispose of:

- Prescription Medication
- Over-the-counter meds
- Vitamins
- Vape Devices with batteries removed
- Inhalers
- Pet Medication
- and more...

Update: We will not collect sharps. **To dispose of sharps:** *The Howard County Bureau of Environmental Services recommends that you place used (or unused) needles in an empty plastic bottle (e.g., laundry detergent bottle) to protect the trash collection crew. When the bottle is full, add the cap and put the bottle in your curbside trash.*

100 FREE medication storage boxes will be given away at this event. We will not have the boxes ahead of time and they will go fast, so if you want one, you must get it at the event.

Surprise! There will be other giveaways too!

[Learn more](#)



**Medication
Disposal
April 25**



Medication Disposal

Convenient Drive-Thru Event

Saturday, April 25 • 10 a.m.-2 p.m.



Safely dispose of:

- Prescription medication
- Over-the-counter medication
- Vitamins
- Pet medication
- Vapes without batteries
- Inhalers
- And more!

Not Accepting Sharps:
Needles, Syringes and EpiPens

HCDrugFree

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



Teens: Earn Community Service Hours

Seeking student, adult, and medically-trained adults volunteers. Community service hours available for students. Spend some time making a difference in Howard County!

Medication Lockbox Giveaway!

We are giving away 100 Medication Lockboxes!
First come, first served.
Limit 1 per vehicle.

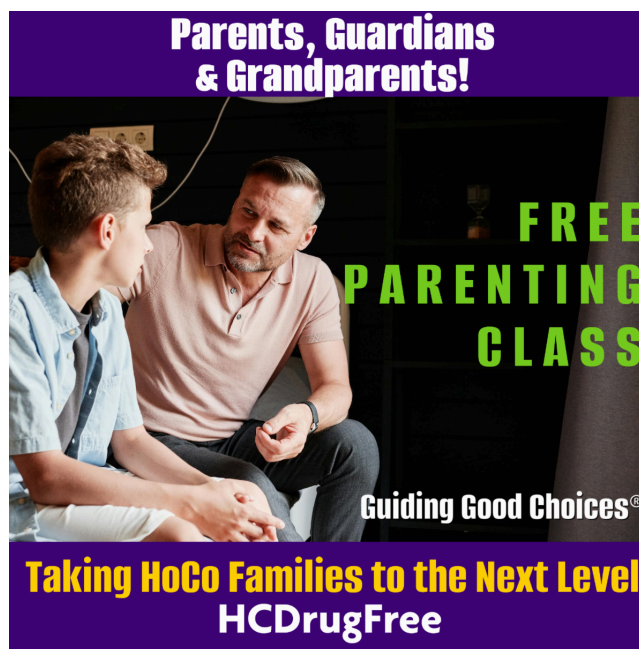


[HCDrugFree.org](https://www.HCDrugFree.org)

Provided by HC DrugFree, in partnership with the DEA, MD's Office of Overdose Response, Howard County Police and Health Department, HCPSS, MDH, and SAMHSA.

[Download and print flier](#)

Register!
2 More Classes for Parents & Grandparents



Hurry to register and join us for the remaining two Spring 2026 Parenting Classes for parents, guardians and grandparents.

You'll need the Zoom link, so if you register and we don't reply immediately, be sure to email Parenting@hcdrugfree.org to let us know to hurry to forward the link.

Remaining Dates:

1) Wednesday, April 22 and

2) The optional class on Tuesday, April 28 is a great way to catch up on what you missed

Class Time: Noon to 1:30 p.m. on Zoom

Wouldn't it be great if adults could take a class that taught us how to help our kids avoid risky behaviors? There is.

Guiding Good Choices® is an evidence-based, interactive prevention program that helps you build a stronger bond with your child, while also providing skills proven to reduce the risk of children engaging in substance use or other risky behaviors.

Learn how to:

- Strengthen Family Bonds
- Develop Healthy Beliefs and Clear Standards
- Avoid Trouble and Respond to Peer Pressure
- Manage Conflict and Express Feelings Constructively
- Prevent Drug Use in Your Family
- And More!

[Learn more](#) and [register](#)

[Download and print flyer](#)

What Marijuana Really Does to the Developing Brain

Psychiatrist Dr. Daniel Amen warns that marijuana use, especially among teens, can reduce blood flow to the brain, harming memory, attention, and decision-making. Youth use is linked to higher risks of anxiety, depression, psychosis, suicidal behaviors, and even cardiovascular problems. The developing brain is especially vulnerable, so delaying first use and keeping substances safely stored is critical for protecting long-term health.

[Read more](#)



How to Support Someone Quitting Vaping

Quitting vaping can be challenging, but your support can make a significant difference. Here are some ways to help:

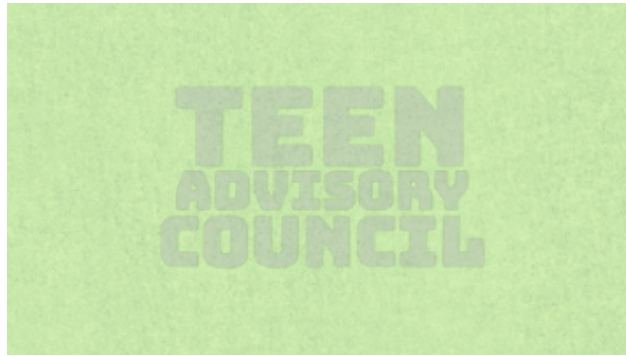
- Stay patient and positive: Understand that withdrawal symptoms like irritability and anxiety are common. Your encouragement can help them stay motivated.
- Celebrate milestones: Recognize and celebrate each step they take towards quitting. Positive reinforcement can boost their confidence.
- Be there emotionally: Offer a listening ear and be empathetic to their struggles. Knowing they have someone to talk to can ease the process.

Remember, your support can be a crucial part of their journey to a vape-free life. **Bring unwanted vapes to HC DrugFree's drive-thru medication collection on Saturday, April 25!!** Be sure to remove the batteries.

[Learn more](#)



Teen Advisory Council Meeting



HC DrugFree invites **all Howard County students in grades 8-12** to join our Teen Advisory Council (TAC).

There will be no April TAC meeting, instead, members will attend the Saturday, **April 25th Medication Take Back event.**

To RSVP/register to receive the **Monday, May 4 Zoom meeting link**, [click here](#). Meetings will run from 5:30 p.m. to 7:00 p.m. Each meeting has a unique link, so members must RSVP/register before each meeting.

Students: If you have not submitted a new 2025-26 registration, please complete [this form](#) to register for the coming school year. **Even if you have been a member for several years, we need a new registration each school year.**

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](#)

Stay In the Loop: Follow Us Online!

Want real-time updates and powerful stories from our community?

Follow HC DrugFree on Facebook, Instagram, Twitter and LinkedIn to stay informed about important events, helpful resources, and prevention news as it happens.

From last-minute event info to tips that keep your family safe, our social media is your fastest way to stay connected. Join the conversation: be informed, inspired, and part of the movement!

One-Click Links!

Facebook: [HC DrugFree](#)

Instagram: [@hc_drugfree](#)

LinkedIn: [HC DrugFree](#)

Twitter: [@HCdrugfree](#)

Donate Today!



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

NAMI Howard County - Mental Health Services:

The National Alliance on Mental Illness (NAMI) Howard County is dedicated to improving the lives of individuals affected by mental health conditions and their loved ones. [Download brochure.](#)

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.



[Additional Resources](#)

For more information, contact

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