

**HC DrugFree is keeping Howard County
*In the KNOW!!!***

What Ripple are You Sending into the World?

Hope is defined as the longing or desire for something accompanied by the belief in the possibility of its occurrence. HC DrugFree's ripple of hope, joined with yours and others in our community, can create a current of change. You don't need to be the entire current because a ripple can start the flow.

Ripple of Hope

Each time a person stands for an ideal,
or acts to improve the lot of others,
or strikes out against injustice,
they send a tiny ripple of hope,
and crossing each other
from a million different centers of energy and daring,
those ripples build a current
which can sweep down the mightiest walls
of oppression and resistance.

Robert F. Kennedy

[Click here](#) to watch a video of Robert Kennedy's 1966 speech.

CPA/Treasurer Wanted

HC DrugFree is looking for a Certified Public Accountant (CPA) to serve as our Treasurer. This is not a bookkeeping position, and an impartial CPA conducts our annual review and files our 990. Please forward your resume/bio to Joan@hcdrugfree.org if you are interested or have questions. If you are not a CPA but think you are qualified because you have nonprofit expertise or board experience, feel free to forward your information. We will review and contact you.

Please share this with your CPA friends! Thank you.

Why Do Teens Use Drugs?

[Click here](#) to read about risk factors for drug use and protective factors that may decrease the risk of drug use.

What can you do to help your child? If in middle school, enroll them in FREE summer 2020 Life Skills classes, and if in high school, encourage them to join

HC DrugFree's Teen Advisory Council (TAC) open to all Howard County teens.

See below for both TAC and Life Skills registrations.

2020-21 TAC Registration Form

Get your high school student involved with HC DrugFree. [Click here](#) to complete the NEW 2020-21 school year Teen Advisory Council (TAC) registration form. Signed TAC registration forms are due each year. Open to all Howard County high school students. Community service hours available.

Email a signed PDF to admin@hcdrugfree.org or mail a hard copy to HC DrugFree, 5305 Village Center Drive, Suite 206, Wilde Lake Village Center, Columbia, MD 21044. Be sure to include a photo.

FREE Summer Life Skills Classes: Register Your Student Today!

In July and August, HC DrugFree will be providing our next series of online Life Skills classes for **Howard County** youth in grades 6-8. Students will be taught and mentored by our team of high school and college students as well as adults.

While having fun in a safe environment, this highly interactive skills-based program is designed to promote positive health and personal development. The integrated approach helps to develop personal, interpersonal, and drug resistance skills.

This middle school program uses developmentally appropriate, collaborative learning strategies to help students achieve competency in the skills that have been shown to help students resist substance use (tobacco, alcohol and other drugs), violence, and other high-risk behaviors.

This **FREE** training will be conducted online and held on Tuesdays, Wednesdays, and Thursdays from July 7 to August 6. [Click here](#) for more information on class dates, times, and to register. Space is limited, so must live in Howard County.

**CLICK HERE TO REGISTER
MIDDLE SCHOOL STUDENTS**

Members of HC DrugFree's summer team are pictured below:



Impact of Addiction on America's African American Community

Millions of people across America have been impacted by addiction and the opioid crisis, however, the African American community has been affected at a disproportionate rate. [Click here](#) to read an article published by Maryland Addiction Recovery Center that discusses why it may be harder for some communities to access treatment and how that can be changed.

Drugged Drinks

Whether you're at a party or just hanging out, it's possible that someone—someone you know or someone you don't—may slip something into your drink that can hurt you. [Click here](#) to find out what you should do if you think you've been drugged.

Happy New Year

Today begins our new fiscal year with a lot of financial commitments coming our way. Help us educate youth and adults and serve our community in Fiscal Year 21. [Click here](#) to make your donation to HC DrugFree.

RESOURCES BELOW

Need to Talk to Someone? Call 2-1-1, Press 1

Problems with depression? Anxiety? Thoughts of suicide? Drugs or Alcohol? Call Maryland's helpline: Call 211, press 1 or text your zip code to 898-211 (TXT-211).





For more information, contact
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Donate

