

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

Senior Week in OC: Virtual Learning Experience for Families

In just a few short weeks, many Howard County teens will trade their graduation caps and gowns for bathing suits and fun in the sun in Ocean City, MD during the popular "Senior Week."

While Senior Week can be fun for recent grads, many teens opt to engage in risky behavior that can sour the experience for themselves and others.

Join us for a Free Virtual Presentation featuring important information for teens AND parents to help make Senior Week a safe and fun experience.

Our video features

- *Joan Webb Scornaienchi, HC DrugFree*
- *Corporal Howard Caplan, Ocean City Police*
- *Recent HCPSS Graduates who experienced Senior Week firsthand*
- *Beach Safety*

Starting June 10, this presentation will be available on the **Senior Week page on the HC DrugFree website.**

Parents, please take the time to view this important video WITH YOUR TEEN between June 10th and when the Seniors leave for the beach.

Click here to print the flier.

View the event page (for virtual event starting June 10)

View the Facebook event page (again, for virtual event starting June 10)

Thank you, **Cpl. Howard Caplan from the Ocean City Police Department** for being part of the HC DrugFree family throughout the year and working with us to keep Howard County youth and families safe.

Worried About Senior Week?
You are not alone!
HC DrugFree Empowering the Community
Presents
Senior Week: Staying Safe in Ocean City
Featuring
Joan Webb Scornaienchi, HC DrugFree
Corporal Howard Caplan, Ocean City Police
Recent HCPSS Graduates
Beach Safety
Virtual Presentation
Available at
hcdrugfree.org/senior-week
beginning Thursday, June 10, 2021
Be a Parent
Not a Friend
For additional safety tips and Ocean City
police contacts, visit our website and click on
Senior Week in Ocean City
Don't make alcohol available
to teens
443-325-0040 • www.hcdrugfree.org

Adults: Share Your Senior Week Stories or Words of Wisdom!!!

We're all in this together. Please share your advice to help calm the nerves of anxious parents about to send their teens to Senior Week in Ocean City or to empower our Howard County teens to avoid risky behaviors.

Even if it's been several years since you or your children attended, share your stories! We are not only interested in "bad" experiences, so if you had a positive experience, let us know that too.

If you have any stories or tips, please send them to Joan@hcdrugfree.org. As always, no names will be shared.

HCPSS 2019 Grad Shares Her Senior Week Experience

A former Howard County Public School student shared her Senior Week experience:

During the day, we sat on the beach and hung out which was always fun. Sometimes we would play games in the sand like volleyball and football. But I wish I had known what a Senior Week party would be like prior to going to the beach.

One night, a lot of people were going over to this one big party with high school graduates in the county. Although I did not go, I heard about everything that happened. There were drugs and alcohol, people were vaping, and the smell of weed filled the whole house. The police came to the party and almost everyone there got a citation for underage drinking. People had to pay a fine or do community service.

My parents were worried about me and checked in a lot to make sure I was always with someone else. Even though we had a good time hanging out at the beach during the day, I felt worried and uncomfortable with the parties at night and would not choose to do Senior Week again.

[Read more stories provided by Howard County residents.](#)

Senior Week: 10 Tips Created by Former HCPSS Students

Thank you to the HCPSS 2019 graduates for putting this list together for the Class of 2021:

1: Have an idea of what snacks and meals to bring so you have enough food. Also, stay hydrated.

2: Wear sunscreen everyday and reapply often.

3: Check in frequently with someone at home so they know you are okay.

4: Use the buddy system. Do not go anywhere alone, especially at night.

5: If you are uncomfortable with something, do not do it. The number one priority is to stay safe while you are there.

6: Dance clubs for people 21 and under are crowded and dirty. They are not very

safe places to go during Senior Week.

7: Plan some things to do during the day like paddle boarding and mini golfing. Also, bring games to play at your hotel or condo at night.

8: Be aware of your surroundings. People at Senior Week can be intoxicated and make careless decisions.

9: Be thoughtful of what you post on social media accounts. Would you want a parent or future employer to see your pictures?

10: Consider planning a separate beach trip or getaway with your friends to avoid any concerns with Senior Week.

These tips and more can be found on our [Senior Week page](#).

Keep Graduation Celebrations Alcohol-Free to Save Lives

A teenager's brain is still developing and it's very sensitive to alcohol's effects on judgment and decision-making. Tragedies can, and do, happen, so underage drinking shouldn't be a part of any end-of-year celebration. [Read more.](#)

Children at Increased Risk of Poisoning from Marijuana

As more states legalize marijuana, poison control centers are receiving more calls about accidental poisoning of children in those states. Items looking like cookies, brownies, candy or soda may be intentionally packaged to look like what innocent children consume every day from the safety of their homes, yet, these marijuana products may contain dangerous levels of tetrahydrocannabinol (THC). [Read more.](#)

Slowing the Opioid Crisis Begins in Hospitals

Although the opioid epidemic is a broad societal problem, health systems can play a critical role in the response. Because many patients are first exposed to opioids when they are in the hospital, limiting opioid prescribing in that setting can help gradually curb community use. Although opioids have been the first-line of treatment for moderate to severe pain in acute care, new data indicate that non-opioid drugs and non-drug treatment modalities can often manage pain effectively after surgeries and procedures with fewer adverse effects or, at least, reduce the amount and duration of opioids needed. [Read more.](#)

Just 1 in 10 People with Alcohol Problems Get Treatment

Americans with drinking problems are rarely referred for treatment, even though most say a doctor has asked about their alcohol use, a new study finds. The study is not the first to uncover low rates of treatment for alcohol use disorders (AUDs) -- the medical term for drinking that interferes with a person's life and well-being. [Read more.](#)

Animated Naloxone Training

Learn how to recognize the signs of an opioid overdose and administer Naloxone.

Naloxone, a synthetic drug that blocks opiate receptors in the nervous system, restores normal respiration to a person whose breathing has slowed or stopped.

Opioid overdoses cause the largest number of accidental and avoidable deaths. Save a life!



Virtual Overdose Response Training

Learn how to save a life after an overdose!

Free Narcan kits are available to attendees.

Must pre-registration with the Howard County Health Department.

Upcoming training date:
Thursday, June 16 at 6:00 p.m.

[Register here.](#)

This spray can save a life

And so can you. Learn how you can save someone's life from an opioid overdose with Narcan®.

Be a hero. Learn to use Narcan®.

For more information or to sign up for a free virtual training and receive a Narcan® kit:
Visit: howardcountymd.gov/pathhelp
Email: orgresponse@howardcountymd.gov
Call: 410.313.6292

Join us for a free virtual training on the first Tuesday and last Thursday of the month at 3pm. Please contact us to pre-register.

HOWARD COUNTY HEALTH DEPARTMENT
Supported by the Howard County Department of Health and Senior Services

Stand with Our Team



[Please make your much-appreciated tax deductible gift to HC DrugFree today!](#)



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Friends keep friends informed! This newsletter and social media remain the best ways for us to share vital information with you! Please Like & Share our content on social media or forward this newsletter to a friend to help us with our mission of keeping Howard County SAFE & INFORMED.

If you haven't already done so, please [Subscribe to our newsletter](#) and invite your friends to subscribe, too!



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