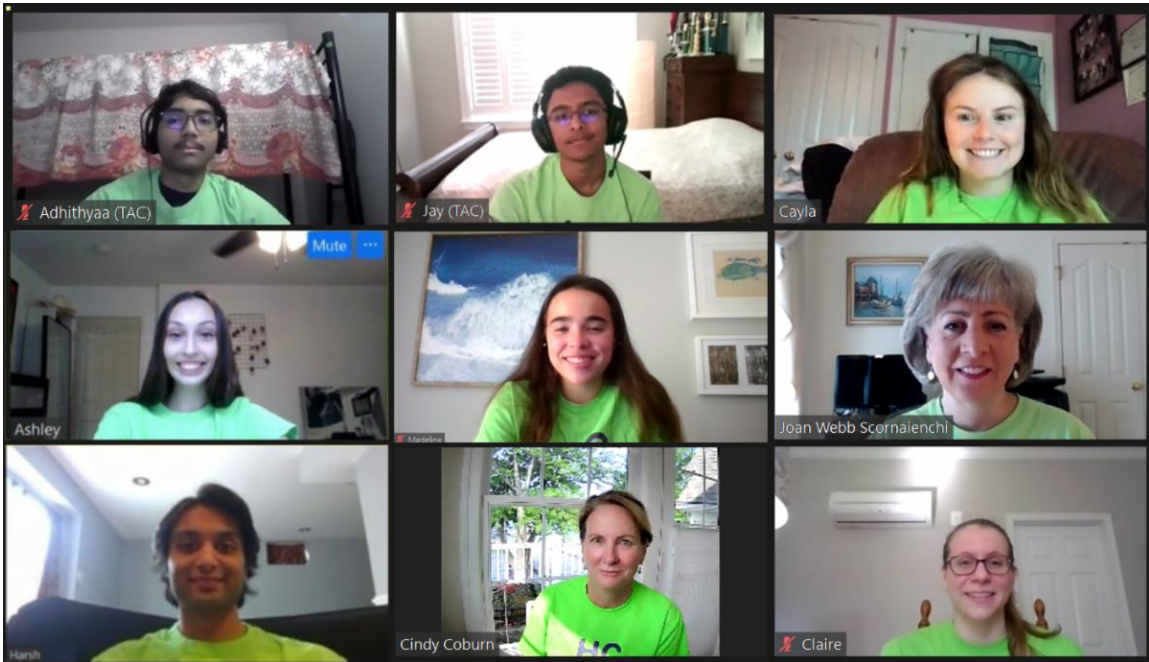


HC DrugFree: Keeping Howard County *in the KNOW!* ...knowledge is power, so just say KNOW

"When a flower doesn't bloom, you fix the environment in which it grows, not the flower."

Alexander Den Heijer



Thank You for Trusting Our Team!

Thirty four elementary, middle and high school students participated in HC DrugFree's summer online Life Skills series. They were joined by our instructional team of 3 high school students, 3 college students, a recent college graduate, a parent, and HC DrugFree's Executive Director. An evidence-based curriculum was followed and team members shared their experiences.

Student feedback:

- "I learned A LOT!!!!!!!!!"
- "I like the youth team because we can relate to them more and they are closer to age to us."
- "I learned how to handle strong emotions and how to say no to drugs/alcohol."
- "I like being taught by the youth team because they explain some thing that happen to them and how to deal with it."

- “Everybody had their own stories to share which I found interesting.”
- “I learned the dangers of smoking, marijuana, alcohol, drugs, and vaping. I also learned about relaxation techniques for anxiety, and how advertisers can trick you in advertisements. I also learned how to speak up if I am in a situation I am not comfortable in, and to have a trusted adult to call if I am ever in a situation like that.”
- “I learned to say yes to healthy friendships.”

No future Life Skills series is scheduled at this time. More information about school year 2021-22 classes and events will be shared in this newsletter.

“If we grow up fearing mistakes, we may become afraid to try new things. Making mistakes is a natural part of being human and a natural part of the way we learn. It's an important lesson, at any time of life, but certainly the earlier the better. We all make mistakes as we grow, and not only is there nothing wrong with that, there's everything right about it.”

Fred Rogers

Everybody Loves Raymond Star 3 Years Sober

Patricia Heaton, television wife of Ray Romano on Everybody Loves Raymond, celebrated three years of sobriety from alcohol. [Read more.](#)

Congresswoman Madeleine Dean: Under Our Roof

Congresswoman Madeleine Dean and her son, Harry Cunnane, wrote the book Under Our Roof: A Son's Battle for Recovery, a Mother's Battle for Her Son. Recently, they were interviewed by Elizabeth Vargas on her podcast, The Heart of the Matter. [Listen to the podcast or read more.](#)

RI Makes History with Safe Consumption Site Pilot Program

Rhode Island's governor signed a bill to establish a safe consumption site (SCS) pilot program where people could test and use illicit drugs in a medically supervised environment. [Read more.](#)

Rethinking Your Post-COVID Relationship with Booze

Nearly 1 in 4 adults said they managed pandemic **stress** by drinking more, according to an American Psychological Association **survey** released in February. [Read more.](#)

Register for Gambling Webinar

On August 18, the Maryland Rural Opioid Technical Assistance (ROTA) program will be sponsoring a webinar, The Connection Between Problem Gambling and Substance Related Disorders. [Register here.](#) [Download and print flier.](#) Call, text, or chat 1-800-GAMBLER for free confidential, compassionate help with gambling problems.

Stay Connected

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 and informed.

Please tell friends to [subscribe to our newsletter](#) too!

Teen Advisory Council

Is your teen looking for a meaningful and fun way to earn their community service hours, all while making our community a better place to live?

HC DrugFree's Teen Advisory Council (TAC) may be the perfect opportunity.

TAC is open to all Howard County High School Students! Public School, Private School, and Homeschool students are encouraged to join! To access the 2021-22 school year registration form please [click here](#). Click on the flier to download a printable PDF.

Email your registration as well as a photo to admin@hcdrugfree.org or mail a hard copy our office.

Community service hours available to students, but only if a current 2021-22 TAC registration form is on file with HC DrugFree.

HCDrugFree
Empowering the Community

Teen Advisory Council

WHAT IS THE TEEN ADVISORY COUNCIL?
HC DrugFree's Teen Advisory Council (TAC) is composed of Howard County high school students who meet monthly during the school year to discuss teen use of alcohol and other drugs and to develop educational messages that promote our vision of a county where teens are drug-free by choice.

QUICK TIP: All Howard County high school students (public, private, and home school, etc.) are welcome to participate!

WHAT DOES TAC DO?
In addition to participating in monthly meetings, TAC members volunteer at programs and events throughout the school year, including HC DrugFree's twice a year Medication & Sharps collection event!

QUICK TIP: The next Medication & Sharps collection is on Saturday, October 23, 2021 from 10 a.m. to 2 p.m.

HOW TO REGISTER FOR TAC
Visit us at www.hcdrugfree.org and select the Teen Advisory Council option under 'Teens/Youth' on the menu. Download the registration form, fill it out, and submit via email or mail!

QUICK TIP: The next TAC Meeting will be held in September so don't wait, register today!

FOR MORE INFORMATION, EMAIL ADMIN@HCDRUGFREE.ORG
www.hcdrugfree.org



Your teen can represent HC DrugFree at community events, recruit teens from

across Howard County wanting a drug-free life, and change future generations!



Standing Together



Please make your much-appreciated tax deductible gift to HC DrugFree today!



Medication and Sharps Disposal

Save the date for HC DrugFree's next free and convenient drive-thru medication and sharps collection: **Saturday, October 23, 2021** from 10 a.m. to 2 p.m. in the Wilde Lake Village Center parking lot.

How and where you keep your medication can make a big difference when it comes to medication safety. Every year, two million people end up in the hospital due to drug-related injuries. This might include medication errors, adverse drug reactions, allergic reactions, or overdoses. Safe and secure storage of your prescription medicine can help avoid accidental injuries. Please keep reading this newsletter for updates. To safely store and dispose of

prescription and over-the-counter medication and sharps (needles, syringes and EpiPens), [please visit our website](#) for more information.

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:

[August 26th 3:00pm-4:00pm](#)

[September 14th 3:00pm-4:00pm](#)

[September 30th 3:00pm-4:00pm](#)

or [Register here](#).



Additional Resources

Help for Depression, Suicidal Thoughts or Other Mental Health Issues:

Grassroots Crisis Intervention: 410-531-6677

The Maryland Crisis Hotline: Dial 211 and then choose option 1

The Crisis Text Line: Text 741741 and a trained counselor will respond

The National Suicide Prevention Hotline: 1-800-273-8255

The Howard County Health Department: 410-313-620

For more information, contact

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[Donate](#)

