

HCDrugFree

Empowering the Community

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

Back to School!

HC DrugFree would like to wish all Howard County students, staff, and families a safe and happy 2021-22 school year!

HCDrugFree
Empowering the Community



Adults & College Students: Join HC DrugFree's Team

Are you an adult looking for part-time work or a fulfilling volunteer opportunity? ...or a college student looking for an internship, a volunteer experience, or a job? Hurry to join our team. For fall 2021 and spring 2022, HC DrugFree is looking for 1) adults with flexible schedules and 2) highly-talented, dependable, and mature college students.

[Click here](#) to access the first step of our online application process. If you

have questions or want more information, complete the form, provide all your contact information, and we will get back to you after reviewing the applications. Must be able to pass all background checks. Transportation needed for some positions. Thank you.

High school students: Remember, high school students looking for any opportunities at HC DrugFree (community service hours, assisting with teaching younger students, etc.) must first submit a signed Teen Advisory Council (TAC) registration found at hcdrugfree.org/teen-advisory-council

“The highest form of knowledge is empathy, for it requires us to suspend our egos and live in another's world.”

Plato

HCPSS Graduate Changing The World

Twenty three year old Athena Kan, former HC DrugFree Teen Advisory Council (TAC) member and graduate of River Hill High School and Harvard University is back in the news. She and two friends were included in Entrepreneur's article [How 15 People in Their 20s Built Million-Dollar Businesses](#) released on August 24. The three cofounders launched Dreambound in early 2020, raised \$4.3 million from investors and hired a staff of 20.

Our team will always remember how she touched our hearts as a 14 year old "little girl" and we knew she was destined to change the world. HC DrugFree's team wishes Athena and all our former TAC members all the best.

Ho Co Kids Staying In The Game



Thank you to the staff at HCPSS for allowing us to stand with you throughout the years and for caring for our children and families. Remember, what is now **HC DrugFree was started by HCPSS staff** at one high school, expanded to other schools, and eventually grew to become a nonprofit.

Last week, 20 "Don't Get Benched for Life" **posters were distributed to each of the 20 Howard County Public School System (HCPSS) middle schools.** Today, 32 additional posters were delivered to one of those schools after they requested posters for each classroom. Wow, that's 52 possible posters displayed in just one middle school.

This **educational campaign was the direct result of focus groups with Howard County middle school students stressing how they trust their coaches.** Thank you to all the coaches teaching and encouraging our kids. This campaign **features Howard County high school students** in 7 of 8 ads (all but the little girl wearing #7).

Please visit our website and share our [Don't Get Benched for Life...Not your meds? Don't take them!](#) campaign with others working with Howard County youth...sport teams, school groups, scouts, religious groups, friends, community groups, and more! [Download and print any of the 8 campaign ads.](#) Email Admin@hcdrugfree.org to request printed posters.

HC DrugFree and our partners at the Howard County Health Department, the MD Department of Health, and SAMHSA urge you to be sure the youth in your life know the many dangers of sharing medication.

DEA Warns Parents: Talk With Your Kids About Medications

The Drug Enforcement Administration encourages parents to talk with your kids about drug use including not taking medication not prescribed to them. HC DrugFree urges you to remind your children that they should not trust a drug dealer and counterfeit pills can be mixed with deadly substances. [Read more.](#)

The Meaning Behind The Semicolon Tattoo

Maybe you have seen someone use a marker to draw a temporary semicolon on their body to post on social media or proudly display their permanent tattoo and you wondered what the semicolon means. Often, it's to honor a loved one or to start a conversation about their own struggles or challenges and having survived. In grammar, the semicolon represents where the author could have ended the sentence but chose to go on. There is still more to each story and more to each life choosing to go on to get past their struggles. [Read more.](#)

10 Strategies: Prevent Youth Drug Use

As your children are heading off to college or back to Howard County area schools, remember to have the "drug talk" and continue to have it throughout the year. Need help knowing what to say or do? [Read more.](#)

CDC: Benzo-Related Overdoses Increasing

In recent years, benzodiazepines, prescribed for anxiety and insomnia, have been widely misused in drug cocktails taken by abusers. Illegally made "designer" versions made in basements laboratories are available on the street. [Read more.](#)

Radio Show: How To Access Care For Addicted Teens

Don't know what to do if you think your teen is using drugs? You don't have to handle it alone. [Listen to radio show.](#)

August 31: Howard County's Program And Vigil

Join HC DrugFree and our partners at the 5th annual public event to celebrate recovery from Substance Use Disorders while learning what services are available in Howard County and Maryland. We honor those lost by saying their names, lighting candles and holding them in our hearts.

[Click here to download flier.](#) 6:00 p.m. to 7:00 p.m.: Meet & Greet, Resource Kiosk, Naloxone Training
7:00 p.m. to 8:30 p.m.: Program & Candle Lighting
[Register for event.](#)



Please join us for this free event

5TH ANNUAL
International Overdose Awareness Day
Recovery & Remembrance – Journeys of Healing

Tuesday, August 31, 2021 — 6:00 - 8:30 pm
Learn the latest solutions for the disease of addiction

St. John's Episcopal Church
9120 Frederick Rd. Ellicott City, MD 21042

For more information: info@jamesplaceinc.org and ioad-hoco-2021.eventbrite.com

► **Recovery is Real**

- Lem & Jean Satterfield
- Heather & Felicia Ashbury

► **Remembrance is Key**

- Bob & Brenda Houston
- Jane & Pat Hipsley



Recovery & Bereavement Resources | Candle Lighting

Grief, Loss And Trauma Workshops

September 14, 21, 28 and October 5 at 10 a.m. This series put on by the Horizon Foundation and their partners will include four 1-hour sessions that frame the losses we have faced – and continue to face – as a grief experience. We will discuss grief responses and provide realistic strategies to sustain yourself and support others in the face of grief and trauma exposure. [Read more and register.](#)

Register NOW! 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.

HCDrugFree
Empowering the Community

Teen Advisory Council

WHAT IS THE TEEN ADVISORY COUNCIL?

HC DrugFree 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 materials that promote the vision of a county where everyone is 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 in the menu. Download the registration form, fill it out, and submit via email or email mail!

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



Make new friends and build your team!



Share your experiences and help others!



Be an important community member!



Be a positive influence on your peers and help to prevent substance use!

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

Medication and Sharps Disposal



Medication & Sharps Disposal

Safely dispose of:

- Prescription Medication
- Over-the-counter medication
- Sharps (Syringes, Needles, Epi-Pens, etc.)
- Vitamins
- Pet Medication
- ...and more!

www.hcdrugfree.org



Standing Together



Please make your tax deductible gift to HC DrugFree today!



Get Friends Connected to HC DrugFree

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.

Invite a friend to [subscribe to our newsletter.](#)

For more information, contact

Joan Webb Scornaienchi
Executive Director
HC DrugFree
5305 Village Center Drive, Suite 206
Wilde Lake Village Center
Columbia, MD 21044
Admin@hcdrugfree.org
www.hcdrugfree.org



Donate

