

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

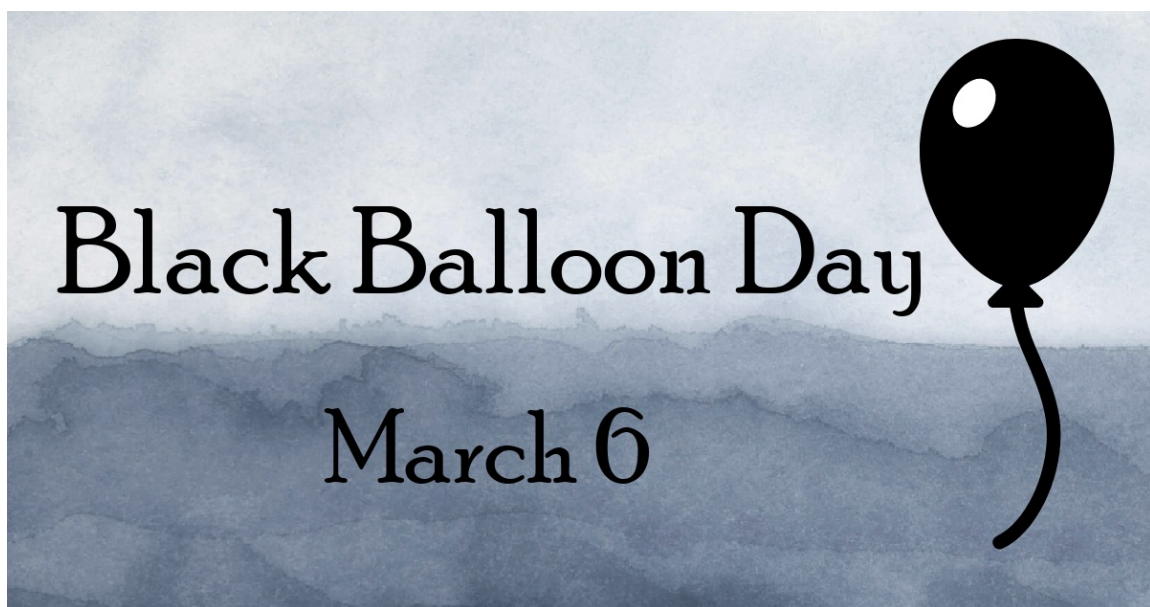
Heroes never die.
They live on forever
in the hearts and minds
of those who would follow in their footsteps.

-Emily Potter

Save the Date: Upcoming Events

- Now thru March 28: [Life Skills Classes](#) (Grades 6-9)
- March 6: [Teen Advisory Council Meeting](#)
- April 11: [Deadline to Submit Film for the HoCo Student Film Festival](#)
- April 22: [Drive-Thru Medication & Sharps Disposal Event](#)
- April 25: [Senior Week: Staying Safe in Ocean City Presentation](#)
- May 2 thru 30: [Free Classes for Parents & Guardians](#)
- May 5: [HoCo Student Film Festival](#)

March 6: Black Balloon Day



Black Balloon Day is an annual event dedicated to the memory of those who have lost their lives to substance related overdoses. Participants place a black balloon out as a visual sign of support and to raise awareness about substance related deaths. The more that we talk about substance use disorder, the more

that we help remove the stigma around seeking out help. [Learn more](#)

Free Parenting Class is Back by Popular Demand

Attention Parents, Grandparents, and Guardians!

Want to learn how to shape your child's attitudes and behaviors to reduce the likelihood that your children will use drugs, alcohol, and vaping?

[Register now](#) for HC DrugFree's Parenting Classes, which will be held Tuesdays, May, 2, 9, 16, 23, and 30 from 6:30 p.m. – 8 p.m. via Zoom. For more information, visit our [website](#).



Accidental Fentanyl Deaths among Young Children on the Rise



[Watch Video](#)

A growing number of young children are being accidentally poisoned by fentanyl. NBC News' Kate Snow speaks with parents whose children have been impacted by the powerful opioid.

HoCo Student Film Festival

The 19th Annual HoCo Student Film Festival will be held on Friday, May 5 at the Miller Library in Ellicott City.



HC DrugFree is sponsoring a PSA category with the theme of KNOW: Kids Nurturing

Others Wisely. This category was chosen to showcase ways that teens can encourage one another through mental health challenges, dealing with peer pressure, and most of all, how to avoid substance (drugs, alcohol, nicotine) misuse.

The deadline to submit films is Tuesday April 11, so it's time to say ACTION!

[Learn more](#)

Newly Refreshed and Improved FindTreatment.gov is Here!

Built to be the most comprehensive resource for persons seeking treatment for mental and substance use disorders, [FindTreatment.gov](https://www.findtreatment.gov) offers you the ability to:

- Search for treatment from multiple sources such as certified substance use and mental health treatment facilities, opioid treatment programs, buprenorphine practitioners, and health care centers
- Access an interactive map and search filters to tailor treatment options
- Search for a facility by entering address, city, state, zip code or facility name
- Download printer-friendly search results including facility location (i.e., phone number, address, website, etc.)

[Learn more](#)

FBI Investigates Fentanyl Sales on Snapchat



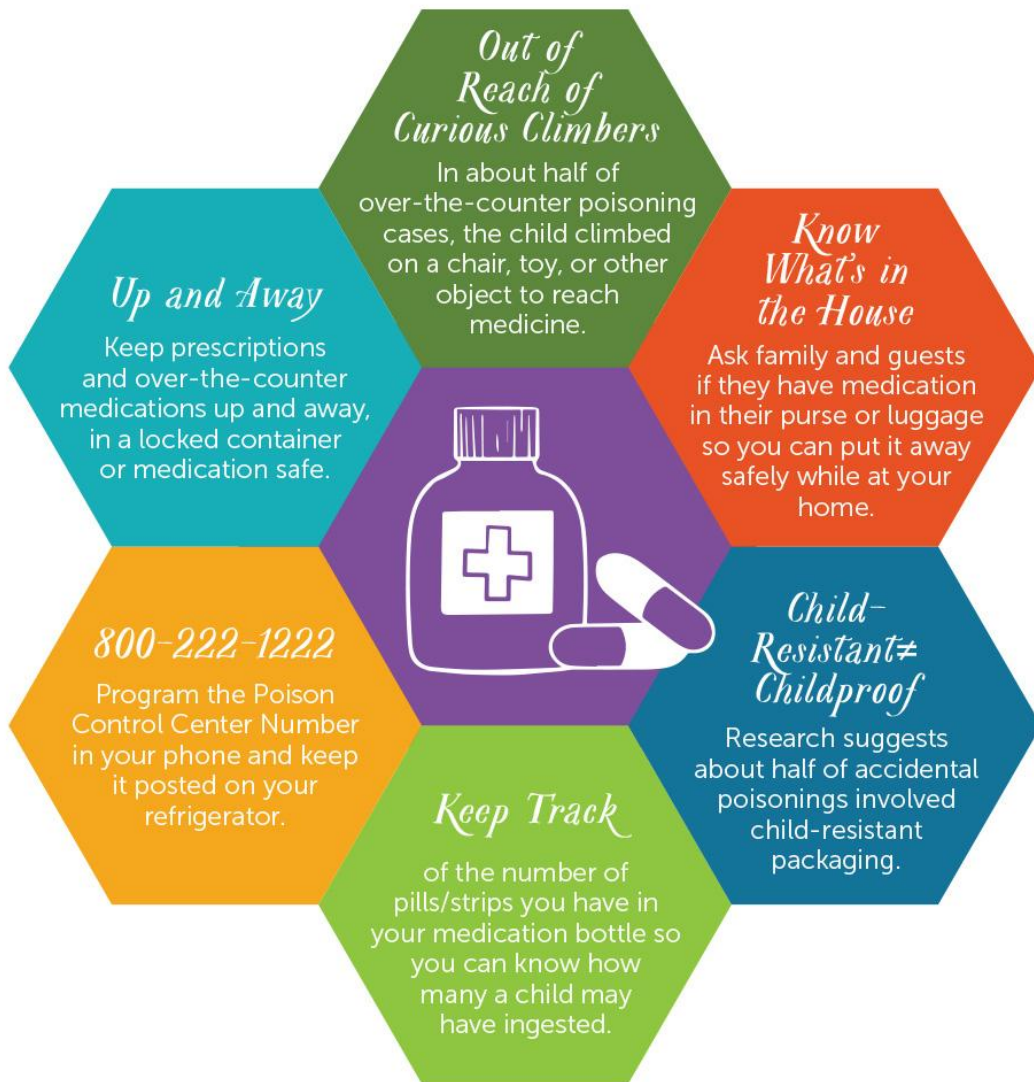
[Watch Video](#)

The FBI is interviewing parents of teens who connected with dealers on Snapchat and died after taking pills with deadly doses of fentanyl. NBC's Kate Snow reports for TODAY.

Grief: Taking Care of Yourself After a Loss

When you are grieving a loss, you also need to take care of yourself. Although not everyone experiences grief the same way, there are things you can do to support self-care. Learn some tips that are shown to reduce grief over time to help care for yourself. [Read more](#)

Medication Safety in the Home



[Learn more](#)

Save the Date: Medication and Sharps Collection

Our next safe & convenient drive-thru prescription and over-the-counter medication and sharps (needles, syringes, EpiPens, etc.) disposal event will be on **Saturday, April 22 from 10 a.m. - 2 p.m.** in the Wilde Lake Village Center Parking Lot. Free. [Learn more](#)

HC DrugFree is Hiring: Help with New Spring Projects!



New spring projects! Looking for part-time work that has a positive impact on our community? Want a job you feel good about doing? HC DrugFree is hiring!

Pay range based on experience and skills (up to \$24). Currently, positions are mostly but not

entirely remote, so must be willing/able to work from office or attend

community events during day, evening and weekends. Potential for advancement. HC DrugFree is grant funded.

To apply please upload a resume and cover letter at <https://www.surveymonkey.com/r/HCDFEmploymentApp>

[Learn more](#)

Donations

HC DrugFree relies on donations from community members like you. [Make your tax-deductible donation today!](#)



Follow and Like Us on Social Media

Join our social media community for more content and easy ways to share important and potentially life-saving information with your friends and network.

Remember: **Knowledge is Power** and together we can help keep our community informed, safe, and **IN THE KNOW!**



Resources

Reverse Opioid Overdose: [Click here](#) to contact the Howard County Health Department to receive free training and Narcan kit.

Free Resources for Parents Following a Suicide Attempt: [Click here](#) to download resources document.

Free Bilingual Behavioral Health Resource Directory: [Click here](#) to download the directory.

Help for Depression, Suicidal Thoughts or Other Mental Health Issues: Call or text 988.

Gambling with Your Future: Call, text or chat 1-800-GAMBLER for free confidential, compassionate help with gambling problems.

Quit Smoking: Call 1-800-QuitNow (1-800-784-8669) for 24/7 for free and confidential assistance or visit www.smokingstopshere.com

Substance Use Disorder Regional Residential Treatment Guide: [Click](#)

[here](#) to download the guide.

Additional Resources: [HC DrugFree Hotlines & Resources Page](#)

For more information, contact

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