

HC DrugFree

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

“Right is right even if no one is doing it; wrong is wrong even if everyone is doing it.”

-St. Augustine of Hippo

Save the Date

- March 12: [Guiding Good Choices - Free Parenting Classes](#)
- March 18: [TAC Talks: Teen Listening Session](#)
- March 20: [Senior Week: Staying Safe in Ocean City](#)
- April 14: [HoCo Student Film Submission Deadline](#)
- April 16: [Parenting Strategies: How to Talk about Drug Use in Popular Media](#)
- April 27: [Medication and Sharps Drive-Thru Collection](#)
- May 3: [HoCo Student Film Festival](#)

Surging Bad Behavior During Spring Break



[Watch Video](#)

In recent years, bad behavior has plagued some cities during spring break — and that has prompted major security changes ahead of the rush. Parents, be sure to talk to your kids.

HoCo Parents and Grandparents: Registration Open

FREE PARENTING CLASS



Taking HoCo Families to the Next Level

Learn skills to help your HoCo kids and grandkids!

Guiding Good Choices® is an evidence-based curriculum that helps adults to build stronger relationships with their kids, all while teaching them how to deal with peer pressure and avoid risky behaviors. If you are the **parent, guardian or grandparent**, then this may be a powerful resource for you.

Learn how to:

- Prevent drug use in your family
- Develop healthy attitudes and clear standards
- Avoid trouble and response to peer pressure
- Manage conflict and express feelings constructively
- Strengthen family bonds
- and much more!

We urge you to attend all five of HC DrugFree's Zoom classes scheduled to be held on **Tuesdays, March 12, 19, April 2, 9, and 16** from **Noon – 1:30 p.m.**

[Learn more & register](#)

HoCo Student Film Fest Open for Submissions

**Submit your Public Service
Announcement (PSA) by April 14!**

Wanted: Student Filmmakers



Submit your film to the HoCo Student Film Fest by April 14 for your chance to win the 2024 HC DrugFree Category!

hcdrugfree.org/hoco-filmfest

Join HC DrugFree and the HoCo Student Film Fest for another year of creative filmmaking fun! HC DrugFree is proud to have our own PSA category in the Film Fest! Enter now to flex your creativity, connect with other HoCo filmmakers, and have a chance at winning a prize for the best PSA. Contact HC DrugFree's staff if you have any

questions. The 20th Annual HoCo Student Film Festival will be held on May 3rd at the Miller Library, 7 - 8:30 p.m. [Learn more and get involved](#)

Work with HC DrugFree!



HC DrugFree is looking for self-motivated Howard County professionals with a heart for people of all ages in our great community. Those with educational, public service, or nonprofit experience are strongly encouraged to apply. All candidates must pass a background check and possess strong organizational skills, writing skills, and computer skills.

Individuals with teaching and leadership experience are strongly encouraged to apply.

Part-Time to Full-Time Educational Outreach Coordinator

HC DrugFree has an **immediate opening** for a part-time or full-time **Educational Outreach Coordinator** with potential for advancement within the organization.

Part-Time Marketing & Outreach Assistant

Immediate opening for a part-time **Marketing & Outreach Assistant** with potential for advancement within the organization.

Save the Date: Senior Week Program for HoCo Families



High school seniors and their parents, grandparents, and siblings: Mark your calendars.

HC DrugFree's annual Senior Week program will be held on **Wednesday, March 20 at 7:00 p.m.** on Zoom.

Learn water safety tips from Ocean City Beach Patrol, the latest law updates from Ocean City Police, and much more to help save your life at any beach and stay safe while enjoying time with friends.

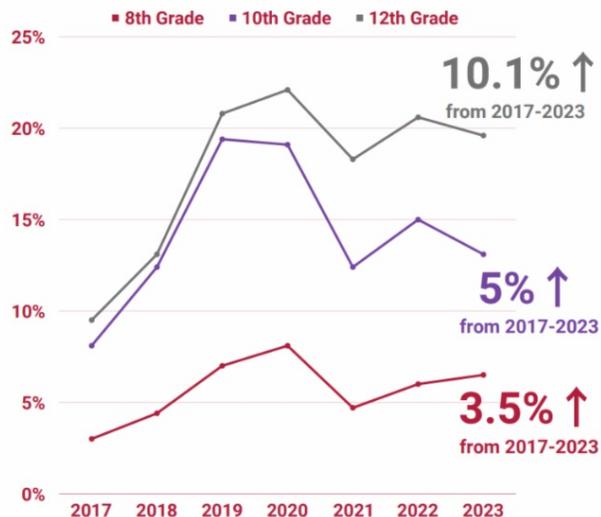
[Registration is required and open.](#)

Pot Use Increasingly Linked to Addiction, Psychosis

A rising tide of cannabis-related mental health problems is resulting from the widespread legalization of recreational weed in the United States, warns a new evidence review. [Read more](#)

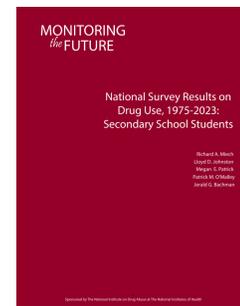
Marijuana Vaping Spikes by Double Digits for 12th Graders

Exploring Marijuana Vaping Trends: 12-Month Prevalence of Use in 8th, 10th, and 12th Grade



According to the [National Survey Results on Drug Use](#) marijuana vape use surged by 10.1 percent for 12th grade students, between 2017 and 2023.

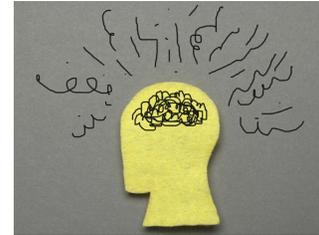
There was also an increase for 8th and 10th grade students. [Read more](#)



Alcohol and Brain Function

Drinking alcohol can cause progressive changes in the structure and function of the brain.

These changes can compromise brain function and drive the transition from controlled, occasional use to alcohol use disorder. [Learn more](#)



Neuroscience is Changing the Treatment of Addiction

A popular misconception is that addiction is a result of low willpower. But an explosion of knowledge and technology in the field of molecular genetics has changed our basic understanding of addiction drastically over the past decade. [Read more](#)

HoCo Students: Get Involved

HC DrugFree invites **all Howard County students in grades 8-12** to attend our monthly meetings and serve as student ambassadors in their schools and in the community.

Why join TAC?

- Earn Community Service Hours
- Gain experience for job & college applications
- Volunteer opportunities year round
- Be a leader and role model in Howard County!

Join our teens at the next TAC meeting/program on **Monday, March 18** from 5:30 to 7 p.m. on Zoom. Register early to get the meeting link. [Learn more](#)

[Learn More about Joining TAC](#)

Hear What HoCo Teens Have to Say!
TAC TALKS: Community Teen Listening Session

TAC TALKS



Teen Listening Session: Bridging the Gap Between Middle & High School



Monday, March 18, 5:30 - 7 p.m.

Join Howard County teens as they present "insider information" for parents, educators, middle school students, and their high school peers during this special student-lead community program. This is a unique opportunity for community members to listen to the real experiences of HoCo youth to better understand and support them.

[Learn more & register](#)

Medication Safety

Dispose of unused opioids.



What you should know:

- ✓ Don't share your opioid prescription with others.
- ✓ Store opioids out of sight and out of reach.
- ✓ Dispose of unused opioids safely when there is no longer a medical need for them.



Learn how to safely store and dispose of medication to remove the risk of intentional or unintentional misuse in your home. [Learn more](#)

Become a Friend of HC DrugFree

Please consider becoming a [Friend of HC DrugFree](#). Your support shows funders that you value the work that we do. Thank you for your continued support of the important work we do at HC DrugFree!

[Donate Now](#)

Or mail your **donation** to HC DrugFree's office:

HC DrugFree
5305 Village Center Drive, Suite 206
Wilde Lake Village Center
Columbia, Maryland 21044

Please...Tell Us What You Think!

Please take our 2-second survey to let us know what you think of the content provided in this newsletter!

[Survey](#)

Resources



988 SUICIDE & CRISIS LIFELINE

People connect with 988 to talk about many things.

- Thoughts of suicide
- Loneliness
- Trauma
- Anxiety
- Economic worries

Whatever your reason for asking for support, the #988Lifeline is here to help. You are not alone in your crisis. Text or call 988, or chat 988lifeline.org

[Additional Resources](#)

For more information, contact

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