

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

HCDrugFree is ...

giving
thanks
For the generosity
of our HoCo community!

December 2nd is Giving Tuesday!

Don't wait. Please donate to HC DrugFree today. Giving Tuesday is a time when communities across the country come together in a shared spirit of generosity. Your support this year will help strengthen HC DrugFree's mission to keep Howard County youth and families safe, informed, and connected.

In 2025, we expanded our Life Skills classes, increased youth leadership opportunities through the Teen Advisory Council, enhanced our medication & vape disposal efforts, and provided vital prevention education across Howard County. With your help, we can continue building a healthier, more resilient community.

As we look ahead to Giving Tuesday, we invite you to make an early gift that will support prevention programming and empower families throughout Howard County.

Thank you for supporting the health and safety of our community.



Year In Review: Your Donation, Our Impact



Guiding Good Choices Classes

This year, HC DrugFree offered two series of our evidence-based Guiding Good Choices parenting course. Our spring and fall 2025 classes empowered families with proven strategies to strengthen communication, set clear expectations, and reduce youth substance misuse.

Parents and grandparents consistently report feeling more confident, more connected, and better equipped to



Life Skills Classes

During the spring and summer, HC DrugFree provided Life Skills classes to help middle and high school students build real-world skills.

Students practiced healthy decision-making, refusal strategies, and communication techniques—all while learning how substances, especially opioids and other high-risk drugs, affect developing brains.

These classes remain one of our most in-demand youth offerings.



Take Back Day

In partnership with the Howard County Police Department, Drug Enforcement Administration and others, HC DrugFree hosted two countywide Take Back Days in 2025.

This year, our community safely disposed of:

- Spring 2025:
 - 1,359.5 lbs. of meds
- Fall 2025:
 - 1,125 lbs. of meds

Thank you to all volunteers, youth, and partners who helped

support their children after completing this program. [Click here](#) to learn more.

The spring series dates will be announced in early 2026. [Click here](#) for more information.

ensure unused medications were removed from homes and disposed of safely.



Teen Advisory Council

HC DrugFree's Teen Advisory Council (TAC) continued to grow in 2025, engaging students from across Howard County in leadership, service, and substance-use prevention education.



Teens meet monthly to learn from community professionals, create educational content, support outreach events, and represent youth voices at HC DrugFree programs.



TAC members played key roles in Life Skills, Take Back Days, film projects, and community campaigns, demonstrating the impact and potential of youth-led prevention.

[Enrollment for the 2025–2026 school year](#) remains open for HoCo middle and high school students.



To RSVP/register to receive the Monday, December 8 Zoom meeting link, [click here](#). Meetings run from 5:30 p.m. to 7:00 p.m. Each meeting has a unique link, so members must RSVP/register before each meeting. Save the date for the Monday, January 12 meeting.

How Gratitude Can Improve Your Overall Well-Being



[Watch Video](#)

Research shows that an “attitude of gratitude” can measurably improve your overall well-being. Watch this video to learn more!

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



HC DrugFree | Wilde Lake Village Center 5305 Village Center Drive, Suite 206 | Columbia, MD 21044 US

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