

SCHOOL BUS

HCDrugFree
Empowering the Community

Welcome Back to School

**HC DrugFree's team
wishes you a safe and memorable year.**

How to Support Your Student's Mental Health



Back-to-School season can be exciting, but it can also take a toll on the mental health of returning students. Sometimes kids don't communicate, or even realize, how the changing season is affecting them. The resources below may help the student in your life make a smooth transition into the school year.

[Health Beat: How to Ease Your Child's Back-to-School Anxiety](#)

[Keep An Eye on Your Student's Mental Health This Back-to-School Season](#)

HC DrugFree's Teen Advisory Council



New! Based on feedback from high school students wanting to serve as mentors and role models to help younger students in 8th and 9th grade transition to high school, we're making some exciting changes to our Teen Advisory Council (TAC) this school year, and we invite all Howard County students in **grades 8 through 12** to join us. During the monthly meetings, TAC will spend part of the time focusing on Life Skills necessary for all high school students, including managing stress and other emotions, developing healthy relationships with peers and family, and making healthy choices to help prepare you for life beyond high school. We will also dedicate time to learn how to reduce opioid overdoses in Howard County and how to say no to risky behaviors such as drug use, while keeping friends and developing leadership skills.

Join us for our first 2022-23 meeting on **Monday, September 19 from 5:30 to 7:00 p.m.** via Zoom to learn more about TAC and to see how you can get involved. Community service hours are available for participation, and TAC members will have volunteer opportunities throughout the year.

Students will give back to our community while learning skills and enjoying experiences valuable for future college and job applications.

To become a member of TAC or to learn more about it, please visit the [TAC page of our website](#). To receive the Zoom information for the meeting, please register at this [link](#).



Register for TAC

Back By Popular Demand: Free Parenting Classes!

Raising kids is challenging, and unfortunately, children don't come with an instruction manual!

How do you raise confident kids who stand up for what's right?

How do you build a relationship of trust between you and the child in your life?

How do you set kids up for a successful future?

We cover all of this, and more, in Guiding Good Choices® our FREE evidence-based parenting class designed for parents, grandparents, and guardians of children ages 9 to 14.



Register now for HC DrugFree's FREE Parenting Classes, held **September 21, 28 & October 12, 19, 26 from 11:30 a.m. to 1:00 p.m.** via Zoom. For more information, visit our **website**.

Learn More

Community Service Hours Opportunities



There's still time for students to volunteer to join our team for August 31 and September 1 evening events. We're looking for adult volunteers too.

Do you know a high school student who is need of community service hours? We have a variety of different events scheduled in August, September, and October, with more to be planned, and we can use all the volunteers we can get! If you/your student would like to receive emails about volunteer opportunities, please submit the Teen Advisory Council registration form to get added to the notification list.

TAC Registration Form

Parents Influence Teen Driving Habits



As back-to-school traffic increases, HC DrugFree and the National Highway Traffic Safety Administration want parents to know that you have influence on your teen's driving habits. [Click here](#) to learn more ways to keep our young drivers and all of us safer this school year.

How to Help Students Navigate College

Maybe your student has already left for college or they are packing up and leaving soon. Maybe your new graduate is staying home for college or working, while high school friends go their different ways. These changes can bring about situations that you and your young adult were not expecting. These **tips** include common situations that arise for new college students, and information for parents on how to address them in a way that they will listen.



Save the Date: Medication & Sharps Disposal Event



SAVE THE DATE!

Medication & Sharps Disposal

HCDrugFree
Empowering the Community

Saturday, October 29 10 a.m. - 2 p.m.

Wilde Lake Village Center in Columbia

www.hcdrugfree.org



Safely dispose of:

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

Message provided by HC DrugFree & the Howard County Police with funding from Howard County Health Department, MDH & SAMHSA

[Learn more](#)

Connect with Us

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!**

Follow us on [Facebook](#), [Twitter](#), [Instagram](#) and [LinkedIn!](#)





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with



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