

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

## September is National Recovery Month



Since 1989, September has been recognized as National Recovery Month dedicated to the support of those in recovery, as well as those who provide treatment and resources. Recovery is a long and winding road, but we celebrate each step of this brave and difficult journey. [Read more.](#)

## URGENT! Student and Adult Volunteers Needed

**We still need you on Thursday,  
September 8!**

Do you know high school students who are in need of **community service hours** or an adult willing to help us? There's still time to join our team and volunteer with our team on Thursday, September 8 approximately between 5:30-6:30 p.m. We **need 20 to 25 student or adult volunteers.**

Sign up at the links below:

[Adult Volunteers](#)

[Student Volunteers](#)

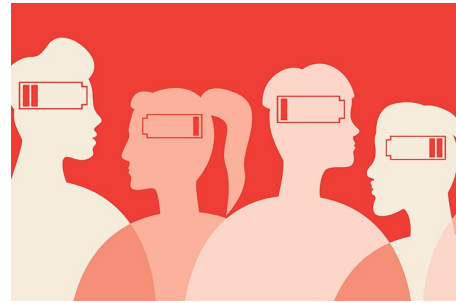


Additional opportunities will be available throughout September and October.

For more information, please hurry to reach out to [admin@hcdrugfree.org](mailto:admin@hcdrugfree.org)  
Thank you for your ongoing support.

## The State of Suicide Today and Ways to Prevent It

During National [Suicide Prevention Awareness Month](#) it is important that we assess the state of suicide and take a few moments to remind ourselves of the basic, and sometimes overlooked, steps we can take to help those at risk of suicide. [Read more.](#)



## DEA Alert: Brightly-Colored Fentanyl Used to Target Young Americans

The Drug Enforcement Administration is advising the public of an alarming emerging trend of colorful fentanyl available across the United States. Dubbed “rainbow fentanyl” in the media, this trend appears to be a new method used by drug cartels to sell highly addictive and potentially deadly fentanyl made to look like candy to children and young people. [Read more.](#)



## Teens Wanted: Join TAC

HC DrugFree invites all Howard County students in **grades 8-12** to join the Teen Advisory Council (TAC). TAC provides a meaningful way for students to volunteer in the community and MAKE A DIFFERENCE all while building a powerful resume for job and college applications!

Our 2022/2023 school year kicks off with the first of our monthly meetings on Monday, September 19th at 5:30pm on Zoom.

Register today to join TAC and make a difference! [Learn more & Register.](#)



## Preventing Drug Misuse Among College Students - Part 2

Be sure to watch the second of a two-part video podcast episode of *Awkward Conversations* which focuses on drug use prevention among college students. Learn how to help college students transition to

campus life with a clear understanding of substance use and misuse and how to manage the situations they may find themselves in. [Watch now.](#)



## Volunteering for International Overdose Awareness Day

On August 31st, Howard County held an International Overdose Awareness Day event at St. John's Episcopal Church in Ellicott City to recognize those who have overdosed or been affected by opioid misuse. HC DrugFree was represented by several teen and adult volunteers. One volunteer shares her experience on our blog. [Read more.](#)



## Our Popular Free Parenting Class is Back by Popular Demand

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 to be held September 21, 28, & October 12, 19, 26 from 11:30 am to 1:00 pm via Zoom. [Learn more.](#)



## Coach Saban on Pressure and Mental Health Among Athletes

University of Alabama coach, Nick Saban, who has produced more NFL first-round draft picks than any other college coach, sits down with NBC's Stephanie Gosk for an exclusive conversation on how he's helping athletes play their best while taking care of their mental health. This insightful interview offers a unique perspective of how we can support the mental health of athletes of all ages and skill-levels so they **Don't Get Benched For Life.** [Watch now.](#)





# DON'T GET BENCHED FOR LIFE.



Visit [HCDrugFree.org](https://HCDrugFree.org) for more information.

**HCDrugFree**  
Empowering the Community



## HoCo Student Gained Leadership and Professional Skills

### NEW Blog submitted by a Howard County college student:

Learn how being involved in the Teen Advisory Council (TAC) influenced this HoCo Grad in high school and beyond. [Read more.](#)



## HC DrugFree is Hiring

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 at least one part-time Outreach Assistant. Make a difference in the lives of Howard County youth and families. [Learn more & apply.](#)



## Follow and Like 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!



## Save the Date: Medication and Sharps Collection

Our next drive-thru medication and sharps collection is scheduled for **Saturday, October 29 from 10 a.m. to 2 p.m.** in the Wilde Lake Village Center parking lot in Columbia. More information to come! [Learn more.](#)

**Remember: Always, safely store your medications.**



Don't know what to do with your leftover meds & sharps?

We can help.

**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](http://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

## Quick and Easy Help Available



**Thoughts of Suicide?**

**Mental Health Crisis?**

**Substance Use Crisis?**

**Call or Text  
988**

**HCDrugFree**  
Empowering the Community

## Your Donations Make a Difference



Make your donation today to become a [Friend or Sponsor of HC DrugFree](#). We depend upon the generosity of individuals, organizations, and businesses to support our free services. Please make a gift of any size today.

**Donate**



## Additional 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:** What to expect during recovery, safety planning, warning signs and risk factors. [Click here](#) to download resources document.

**Free Bilingual Behavioral Health Resource Directory:** [Click here](#) to download the directory. Please verify that the provider accepts your insurance or provides sliding scale fees before scheduling.

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For more information, contact

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