



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

"Don't lower your expectations to meet your performance.
Raise your level of performance to meet your expectations.
Expect the best of yourself,
and then do what is necessary to make it a reality"

Ralph Marston, Author of The Daily Motivator

Howard County Town Hall: Monday October 24 • 7-8:30 p.m.
Meet Your Child's New Drug Dealer



Join HC DrugFree and the Howard County PTSA Collaborative Parent Education Group on **Monday October 24th at 7 p.m.** for a virtual town hall for **parents, guardians and grandparents of middle and high school students** to discuss teen substance misuse in Howard County. Learn what drugs students are using, how they are getting them, and what we can do to prevent it. There will be a Q&A at the end of the presentation. **Registration required.** [Register here.](#) [Download Printable Flier](#)

DEA Red Ribbon Week: October 23-31

RED RIBBON WEEK, which is celebrated annually October 23-31, is the nation's oldest and largest drug prevention awareness

program.

Red Ribbon Week was started after the death of Drug Enforcement Administration (DEA) Special Agent Enrique “Kiki” Camarena, who was murdered by drug traffickers in 1985. As a tribute to SA Camarena, high school friend, Henry Lozano and Congressman Duncan Hunter, created “Camarena Clubs” and the wearing of a red ribbon to show their oppositions to drugs.

In 1988, the National Family Partnership coordinated the first National Red Ribbon Week with President and Mrs. Reagan serving as honorary Chairpersons. Since then, the Red Ribbon campaign has taken on national significance, and NFP continues to coordinate the campaign for families, schools and communities across the nation each year. Wearing red ribbons during the month of October continues to represent our pledge to live drug free and honors the sacrifice of all who have lost their lives in the fight against drugs.

Ways to get involved:

- Wear a Red Ribbon
- Parents & Students can take the [HC DrugFree Pledge](#)
- Participate in the [National Red Ribbon Week Photo Contest](#)
- Participate in the [Red Ribbon Week Campus Video PSA Contest](#)
- [Boy Scouts & Girl Scouts can earn a special patch](#) by engaging in anti-drug activities, such as volunteering at our [medication & sharps disposal event!](#)

[Learn more](#)

HC DrugFree is proud to partner with the DEA throughout the year.

LIVING DRUG FREE

RED
RIBBON
WEEK
OCTOBER 23-31



Save the Date: Medication and Sharps Collection



Medication & Sharps Disposal

Safe and convenient drive-thru event

Saturday, October 29 2022 • 10 a.m. - 2 p.m.

HCDrugFree
Empowering the Community

Wilde Lake Village Center Parking Lot

5305 Village Center Drive, Columbia 21044

www.HCDrugFree.org

Safely dispose of:

- Prescription medication
- Over-the-counter medication
- Sharps (syringes, needles, Epi-Pens, etc.)
- Vitamins
- Pet medication
- Vape devices (with batteries removed)
- Inhalers
- and more!

[Download the flier](#)

Free Medication Lockbox Giveaway!

We are giving away 100 aluminum medication lockboxes (\$42 value) at our drive-thru [medication & sharps disposal event](#) on **Saturday October 29 from 10 a.m. until 2 p.m.** Come early to claim yours! Make sure your home is ready for holiday guests by safely storing all prescription and over-the-counter medication.



First come, first served. No holds. Limit 1 per vehicle.

Young children may mistake pills for candy, while older children and teens may incorrectly think that because it's "medicine" it can't be harmful. Older family members may have difficulty remembering if they have taken their medications and may unintentionally take too much. Help keep your family safe by locking prescription and over-the-counter medications in a lockbox.

Free Narcan Training

In addition to our drive-thru medication & sharps disposal, we are also offering FREE Narcan training. Learn how to identify an overdose in progress, and learn what you can do to potentially save a life. Each participant will leave with Narcan. Walk-ups welcome!



Sober October

Sober October is the perfect opportunity to take sobriety for a test drive. Even if you don't intend to give up alcohol forever, there are many health benefits to going alcohol free! This article discusses how to make the most of the experience. [Read more](#)

Teen Advisory Council

Stand out from the crowd.



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 earn community service hours while building a powerful resume for job and college applications.

Our next meeting is Monday, November 14 at 5:30 p.m. on Zoom. Register today to join TAC and make a difference! [Learn more](#)

Selena Gomez Launches Website Focusing on Mental Health

Actress Selena Gomez has been open about her journey navigating mental health challenges. To help others who face similar challenges, Gomez has launched Wondermind - a website focused on mental health education and resources. [Read more](#)

David Milch on Addiction, Bi-Polar Depression, and Alzheimer's

One of Hollywood's most celebrated TV writers and producers, David Milch, earned several Emmys for shows like "Deadwood" and "NYPD Blue." For decades Milch battled gambling, drug addiction, and mental illness. Now, with an Alzheimer's diagnosis, the legendary TV writer is publishing his memoir. [Read more](#)

Volunteers Needed for Saturday, October 29



Our twice-a-year medication & sharps disposal event is quickly approaching and **we are in need of volunteers!** Be part of our team on Saturday, October 29 from 10 a.m. to 2 p.m. Volunteers start as early as 9:15 a.m.

Volunteer positions are flexible so we have jobs ready for youth (with community service hours available) and adults, seated (bring a lawn chair) and standing, and medically-trained and non-medical personnel. If you would lend us an hour (or four) we'd be so grateful!

[Adult Volunteers and Medically-Trained Volunteers - Register Here](#)

[Student Volunteers - Register Here](#)

We are also in need of TABLES! If you have a table that we can borrow please email Admin@hcdrugfree.org

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**.

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



Help Us to Help Our Community

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.



Additional Resources



Thoughts of Suicide?

Mental Health Crisis?

Substance Use Crisis?

**Call or Text
988**

[HCDrugFree](#)
Helping the Community

For more information, contact

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