



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

**Gratitude is too good to leave
at the Thanksgiving table.**

Robert M. Emmons, Ph.D.

Giving Tuesday



Today is Giving Tuesday and we know you have many choices of where to donate. As a nonprofit organization, HC DrugFree depends on grants and donations from people like you. We are dedicated to providing Howard County with the education and prevention services needed to keep our great community safe. Your donation allows us to continue the important work that we do. [**Make your tax-deductible donation today!**](#) Thank you for your continued support.



Save the Date: Virtual Town Hall

How Much is Too Much?

Finding a Balance between
Academic Performance and
Student Well-Being

Monday January 9 • 5:30 - 7 p.m.

HC DrugFree
Empowering the Community

Join HC DrugFree for a virtual town hall for students in grades 8-12, and parents, guardians and grandparents of middle and high school students on **Monday, January 9 from 5:30 p.m. to 7:00 p.m.** Learn skills and strategies to help students better cope with academic pressure and stress. There will be a Q&A at the end of the presentation. Registration required.

Community service hours are available to students who are registered for the Teen Advisory Council (TAC). [Learn more about TAC.](#)

[Register for the Town Hall here](#) or [learn more about the Town Hall.](#)

Teen Advisory Council for 8th-12th Grade Students



Transitioning from middle to high school can be stressful, but it doesn't have to be! Learn how to better navigate the social and emotional challenges of high school from experts - high school students! Older students share their wisdom and experience with younger students while developing their own leadership skills for life beyond high school. Earn community service hours for teen meetings and other HC DrugFree events.

At the recommendation of our Teen Advisory Council (TAC) members, this year we have extended registration to include 8th graders in addition to high schoolers.

Our TAC members have repeatedly told us how much they wish they had been able to join when they were younger. Their reasons were:

- ✓To help with the transition from middle to high school
- ✓To meet new friends and mentors
- ✓To get a head start on their college resume and job applications
- ✓To be part of a drug-free group for 5 years (and then stay connected while in college)
- ✓To prepare them for some of the situations they may face as early as 8th grade.

Teen Advisory Council members are nurtured to be leaders among their peers, to be community-minded, and to make choices that will serve themselves and others in the future. In addition, TAC provides a meaningful way for students to earn community service hours while building a powerful resume for job and college applications.

Don't miss the opportunity to give your child a head start. Register your 8th-12th grader for HC DrugFree's Teen Advisory Council today!

Our next meeting is **Monday, December 5** at 5:30 p.m. via Zoom! Meeting registration required. [Learn more and register.](#)

Are You IN THE KNOW about Maryland's Good Samaritan Law?

In the ***KNOW***...

Maryland's Good Samaritan Law PROTECTS YOU.

Don't Run. Call 911.



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Are you ***IN THE KNOW*** about Maryland's Good Samaritan Law? The Good Samaritan Law, also known as the Good Sam Law, protects those who assist with an emergency alcohol or drug related overdose so that they don't need to fear arrest or prosecution for:

- Possessing or using a controlled dangerous substance
- Possessing or using drug paraphernalia
- Providing alcohol to minors
-

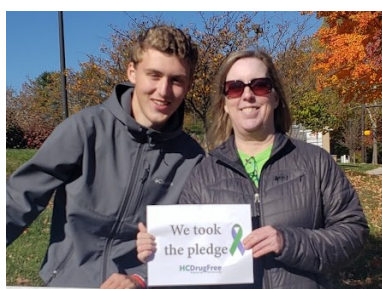
Calling 911 will NOT affect your parole or probation status. The Good Samaritan Law also protects the person (or people) experiencing the emergency medical overdose from the same. The law will not protect against arrest for open warrants or other crimes not listed above. [Learn more](#)

Everyone Can Take the Pledge!!!

We invite all parents, students, and community members to take HC DrugFree's Pledge and show your commitment to keeping Howard County safe.

Visit <https://www.surveymonkey.com/r/HCDFPledge> to read the various pledges. Take the pledge and upload a photo of your family's commitment to being educated about drug and alcohol use and safety.

We want to see you, your family, and your friends of all ages standing with us.





Thoughts of Suicide?

Mental Health Crisis?

Substance Use Crisis?

**Call or Text
988**

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Grassroots Crisis Center: [Click here](#) to contact the center or call the Crisis Hotline at 410-531-6677 (local) or 9-8-8. Mental health and substance use walk-in services available.

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: Learn 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.

Gambling with Your Future: Call, text or chat 1-800-GAMBLER for free confidential, compassionate help with gambling problems.

Quit Smoking: Call 1-800-QuitNow (1-800-784-8669) for free and confidential assistance or visit www.smokingstopshere.com.

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



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

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