

HC DrugFree

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

"Let us learn to live with kindness, to love everyone, even when they do not love us."

-Pope Francis

Dates to Remember in May

May 1-31: [Mental Health Awareness Month](#)
May 8: [Children's Mental Health Awareness Day](#)
May 11: Mother's Day
May 11-17: [National Prevention Week](#)
May 12-18: Mental Health Week
May 31: [World No Tobacco Day](#)

☐ Must See! HoCo Students Create PSAs

The 2025 Howard County Student Film Festival was held on Friday evening, May 2 at the Miller Library.

Congratulations to **Austin Levine and Varun Kasiraman from Centennial High School**, who created the winning film in the HC DrugFree Public Service Announcement (PSA) Category, **"Don't Just Yelp: Call for Help!"**



Being a Good Samaritan HCDrugfree 2025
HC DrugFree

HC DrugFree

Empowering the Community

Play 1st Place PSA

And congratulations to our very own Teen Advisory Council (TAC) member, **Conan Chung, from Reservoir High School**, who created the second place entry in the HC DrugFree Public Service Announcement category, "**Being a Good Samaritan**"!



HCDrugFree

Empowering the Community



Play 2nd Place PSA

Thank you to all of the students who submitted films to the HC DrugFree PSA category! It was a challenge choosing the best because they were all so well done. A special thank you to the **Film Festival Advisors** for their time and energy to make these annual student events so successful: **Ms. Jill Lee (Reservoir High School)**, **Ms. Randi Trzesinski (Oakland Mills High School)**, and **Ms. Binki McKenna (retired Howard County Public School System)**.

[Play all PSA entries](#)

Children's Mental Health Week: May 4-10



HC DrugFree is a proud 2025 Champion for Children's Mental Health!

Being a Champion means that we have joined a growing network of Marylanders advocating for the mental wellbeing of children in communities across the state especially during Children's Mental Health Awareness Week, May 4-10. Together, we are dedicated to raising awareness, reducing stigma, promoting protective factors, and increasing access

to resources to improve the mental wellness of Maryland's children and families. [Learn more](#)

Make Mom's Mental Health a Priority



Mental Health Awareness Month falls in May, which is also the month we celebrate Moms. As the end of the school year approaches with its many demands and deadlines, and a summer of activities looms ahead, it's important that mothers make time for their mental health. Foremost on the list of suggestions for Mom's well-being is self-care, including taking time for relaxation, connection, and activities that boost emotional and psychological well-being. Click [here](#) to find some quick self-care tips for the month of May and every month.

Safe Storage of Meds

Did you know that many young people who misuse medications start by taking it from family members' homes—often without them knowing?

HC DrugFree gave away 177 medication storage boxes at our April 26 National Drug Take Back Day event. These boxes help families safely store prescription and over-the-counter medications, reducing the risk of accidental ingestion and misuse.



If you did not receive a storage box from us, we encourage you to use your own secure location, such as a locked cabinet, drawer, or safe, to store medications safely in your home.

Teen Advisory Council Meeting



HC DrugFree invites **all Howard County students in grades 8-12** to attend our **Monday, May 19** Teen Advisory Council (TAC) Meeting from 5:30 to 7:00

p.m. on Zoom.

Students: [Register to receive the May 19 meeting link](#)

Members of TAC attend our monthly meetings and serve as student ambassadors in their schools and in the community.

Why join TAC?

- Earn Community Service Hours
- Gain experience for job & college applications
- Volunteer opportunities year round
- Be a leader and role model in Howard County

[Learn more about TAC](#)

Naloxone Saves Lives in HoCo



The Howard County Health Department offers a free training so you can be prepared in case of an opioid overdose. Sign up for your free training and Narcan kit today: [Learn more](#)

Donate



Your support allows us to provide our FREE resources and programs to the community. Please donate today by visiting hcdrugfree.org/donate or mailing a check to: HC DrugFree, 5305 Village Center Drive, Suite 206, Columbia, MD 21044

Donate here!

What Do You Think?

Please take our 2-second survey to let us know what you think of the content provided in this newsletter!

Take Our Survey

Resources

Gambling Addiction:

Contact 1-800-GAMBLER (1-800-426-2537) for free, confidential support 24/7 or visit helpmygamblingproblem.org

NAMI Howard County - Mental Health Services:

The National Alliance on Mental Illness (NAMI) Howard County is dedicated to improving the lives of individuals affected by mental health conditions and their loved ones. [Download brochure](#)

The 988 Suicide & Crisis Lifeline:

Marylanders who are experiencing a mental health or substance use crisis should call or text 988. Learn more at 988.maryland.gov. Maryland veterans and their loved ones can call 988 and press 1 to transfer to the Veterans Crisis Line. Press 2 for Spanish. Press 3 for LGBTQIA+ support.



[Additional Resources](#)

HCDrugFree

For more information, contact

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