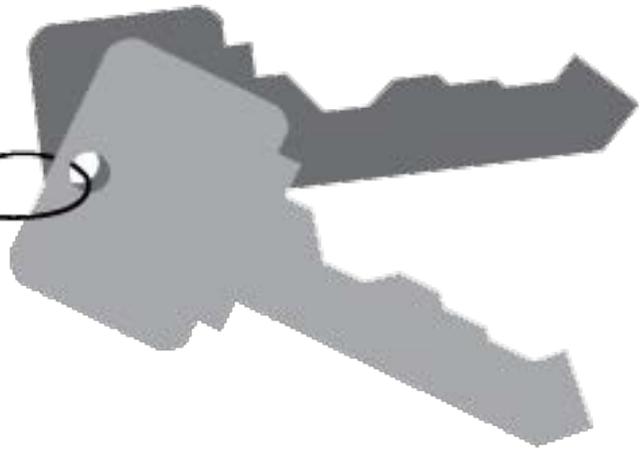
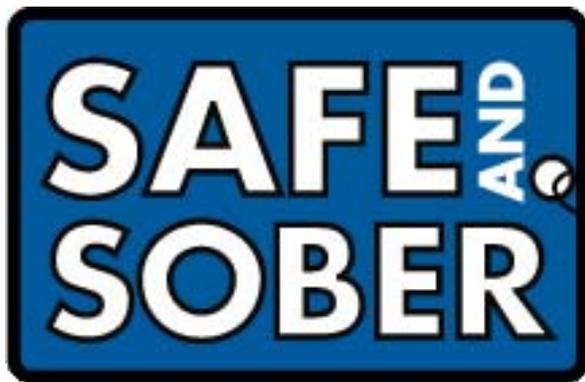


Prom Season 2016



Parent Guide & Pledge Book

Baltimore County Department of Health





Dear Parent/Guardian:

It is my pleasure to present Baltimore County's 2016 *Safe & Sober Prom Season Parent Guide & Pledge Book*. The booklet contains information on underage drinking and drug use, young driver safety, the legal consequences of providing alcohol to minors, parenting tips, and ways parents can support the after-prom activities at their child's school.

Our Pledge Book also includes the names of local limousine companies whose owners have agreed to sign the *Baltimore County Safe and Sober Pledge*. The Pledge states that Limousine Company employees will not allow minors to use or transport alcohol, tobacco, or any other drugs while using their transportation services. Please note that as of December 2014, all the companies listed meet the minimum safety requirements of the Maryland Public Service Commission. I encourage parents to patronize businesses that have made a commitment to the health and safety of our youth. I also recommend that parents visit the Commission's website at www.psc.state.md.us when hiring transportation service to verify that their selected company remains in good standing.

Thank you in advance for using this tool as a resource for your family during prom, graduation and for other occasions throughout the year. As we continue working together to protect our youth, we ultimately move closer to achieving our vision of making Baltimore County a place where healthy people live, work, and play.

Sincerely,

A handwritten signature in black ink, appearing to read "Gregory Wm. Branch".

Gregory Wm. Branch, M.D., MBA, CPE, FACP
Director, Department of Health and Human Services
Health Officer

Know the Facts: Underage Drinking and Drug Use

- When drinking is delayed until age 21, the risk of serious alcohol problems is decreased by 70%.
- Underage drinking can lead to severe and tragic consequences including car crashes, injuries, rape, sexual assault, suicide, pregnancy, academic failure, alcohol poisoning, alcoholism, potentially irreversible brain damage, and death.
- One-fourth of 16-20 year old drivers who die in crashes have high blood alcohol concentrations.

Marijuana

- Marijuana is found in the blood of approximately 14% of drivers who die in accidents, often in combination with alcohol or other drugs.
- Research shows, that if smoked regularly during the teen years, marijuana can lower IQ.
- Brain development continues into the mid-20s. Using drugs like alcohol and marijuana, can negatively affect normal brain development.

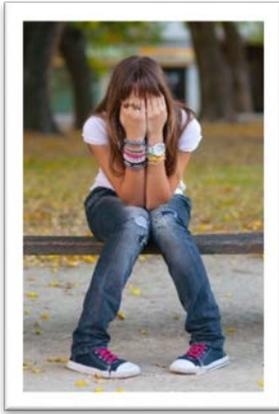


Prescription Drug Use by Teens—A Growing Problem

- Every day, 2500 young people use a prescription pain reliever to get high for the first time.
- Nearly half of teens who use prescription drugs say they get them from a relative or friend.
- Teens are 50% less likely to abuse prescription drugs when they learn the risks of drugs from their parents.
- Take inventory of your prescription and over-the-counter medicines; secure them in a safe place and dispose of unused, unwanted and expired medicine. Drug drop boxes are available outside all Baltimore County Police precincts 24/7.



Know the Facts: Mental Health and Youth



- 1 in 5 children ages 13-18 have, or will have a serious mental illness.
- 20% of youth ages 13-18 live with a mental health condition.
- 50% of all lifetime cases of mental health begin by age 14 and 75% by age 24.
- The average delay between onset of symptoms and intervention is 8-10 years.
- Suicide is the third leading cause of death in youth ages 10-24.

Resources:

Teen Mental Health

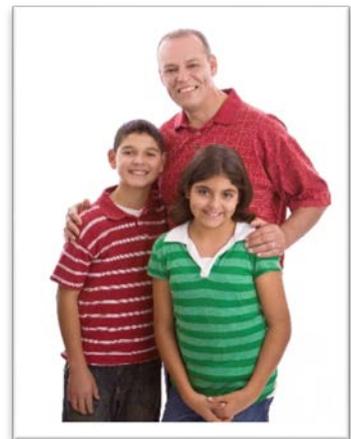
<http://www.teenmentalhealth.org/>

National Alliance on Mental Illness

<https://www.nami.org/Find-Support/NAMI-Programs>

Office of Adolescent Health

<http://www.hhs.gov/ash/oah/adolescent-health-topics/mental-health/>



Baltimore County High School Seniors Survey Results

The results of the Maryland Department of Health and Mental Hygiene's 2013 **Youth Risk Behavior Survey (YRBS)** indicate that of Baltimore County 12th grade students:

- **74.5%** tried alcohol
- **51.3%** smoked marijuana
- **46.6%** **texted** or emailed while driving on one or more of the past 30 days
- **26.6%** **had** five or more drinks of alcohol within a couple hours on one or more of the past 30 days
- **23.9%** **used** tobacco products (cigarettes, cigars, chewing tobacco, snuff & dip) in the past 30 days, and **16.6%** smoked cigarettes in the past 30 days
- **10.1%** of students who drove in the past 30 days, drove after drinking alcohol 1 or more times
- **22%** of students rode one or more times during the past 30 days in a vehicle driven by someone who had been drinking alcohol

Talk Early...Talk Often...Get Involved

1. Provide consistent discipline, rules, and role-modeling
2. Monitor youth activities and your alcohol supply
3. Practice listening and communication skills
4. Problem solve together
5. Work to strengthen relationships through mutual respect

Parents are the most important influence on their teen when it comes to risky behaviors including substance abuse and driving.

For support on how to start talking, visit:

- <http://www.samhsa.gov/underage-drinking/parent-resources>
- <http://www.kognito.com/startthetalk/>



Encourage Young Driver Safety

Motor vehicle crashes are the leading cause of death for U.S. teens. Seven teens ages 16 to 19 die every day from motor vehicle injuries. Per mile driven, teen drivers ages 16 to 19 are nearly three times more likely than drivers aged 20 and older to be in a fatal crash.

Centers for Disease Control and Prevention

Did you know?

High school students are more likely to drink and smoke cigarettes and marijuana in the month immediately after getting their driver's license. Improve your teen's health and safety by discussing the dangers of alcohol, drugs and impaired or distracted driving. Set a good example behind the wheel and establish driving rules and consequences early.

Rules of the Road:

- **Limit the number of teen passengers in your young driver's car to one or zero.** The presence of teen passengers increases the crash risk of unsupervised teen drivers. This risk increases with the number of teen passengers.
- **Always wear your seat belt and agree that no one in your family drives impaired.** Approximately 55% of teens between the ages of 13-19 who died in passenger vehicle crashes in 2012 were not wearing a seat belt at the time of the crash. Research shows that seat belts reduce serious crash-related injuries and deaths by about half.
- **Discourage distractions and risky behaviors for your teen driver.** Distractions are a major cause of young driver crashes. Some examples of distracted driving are texting, cell phone use, eating and drinking, talking to others in the vehicle. Texting is the most common and dangerous distraction because it requires coordinated use of the eyes, hands and mind.
- **Educate your family about the law and its consequences.** In the State of Maryland, the handheld use of a cell phone by any driver is a primary offense. Additionally, it is illegal for drivers under 18 to use any wireless communication device (e.g. Bluetooth, iPod, cell phone, etc.) while driving, except to make an emergency 911 call. They may lose their driving privilege for up to 90 days for this offense. The law prohibits all drivers from using a text messaging device to read, write, or send a text message while operating a motor vehicle. Violations may result in fines and points. Jake's law imposes penalties of up to one year imprisonment and/or a maximum fine of \$5,000 with a mandatory 12 points assessed. This applies to drivers 18 and older who are at fault in crashes caused by the use of a handheld mobile electronic device that result in serious injury or death.

For more information on young driver safety, visit

http://mhso.mva.maryland.gov/SafetyPrograms/program_young_drivers.htm

Understand the Laws Regarding Underage Drinking



It is **illegal** for an adult to host an underage drinking party, buy or provide alcohol for persons under 21 years of age, even with their parents' permission.

An adult found guilty of providing alcohol for an individual under 21 (other than their own child) is subject to a \$2,500 fine for the first offense and \$5,000 fine for a subsequent offense for each underage person. Hosting an underage drinking party for 10 minors could result in fines totaling \$25,000.

Parents give their children mixed messages when they allow them to drink alcohol in their home with friends. Research shows teens who get mixed messages are more prone to drink and drive than those given a clear no-use message by parents.

Adults who provide alcohol to individuals under 21 may be sued if the youth hurts someone, damages property, or is involved in a car crash. Taking away the car keys does not solve the problems related to underage drinking.

Maryland law states that persons under 21 who operate a vehicle with any trace of alcohol in their system are subject to license suspension for one year.

Parents can protect themselves and their teens by following these guidelines when hosting parties for their children:

- Plan alcohol-free activities in your home and make teens feel welcome. Make sure no one brings alcohol onto your property.
- Be home when your child has a party.
- Get to know the parents of your child's friends. Invite them to chaperone.
- Avoid sending invitations via social media that can easily be shared with others.
- Provide plenty of food and nonalcoholic beverages and monitor the party without being conspicuous (e.g., replenish snacks, etc.).
- Limit guests to certain areas of your home. Let them know that if they leave the party, they cannot return.

Support Your Teen's After-Prom Activity

Prom and graduation are exciting events that may increase high-risk behaviors by your teen.

Talk to your teen.
Their choices affect their future.

For tips on how to prevent underage drinking, call 410-887-3828



Baltimore County Department of Health
Healthy people, living, working, and playing in Baltimore County

Gregory Wm. Branch, M.D., MBA, CPE - Director, Health and Human Services
Baltimore County Executive Kevin Kamenetz and the Baltimore County Council



Exciting events such as senior prom are often followed by “high-risk” behavior, including drinking, drug-use, sexual activity, and driving carelessly. Adolescents may see these behaviors as acceptable ways to make the evening more memorable.

After-prom events are designed to offer a safe, tobacco, drug and alcohol-free activity as an alternative to high-risk activities.

Assist your child with his/her after-prom plan:

- Encourage your child to attend the after-prom party planned by the PTSA or school's After-Prom Committee and to stay at the party until it ends.
- Know how your child will get home from the party. (The limousine will take them to the prom and after-prom site, but will not wait until the party is over unless you've made those arrangements.)
- Encourage your child to take a change of clothes with them, so they can change at the party if they will be uncomfortable in their formal wear.

Support the event:

A successful after-prom event must include a variety of activities for students to encourage them to stay throughout the night. Planners must provide enough entertainment, food, incentives, music, games, etc. to accomplish this, which is costly. Contact your child's school about the event if you haven't yet received information from the PTSA or After-Prom Chairperson. Ask them how you can help support the activity.

Baltimore County Safe & Sober Transportation Company Pledge

Every year the Baltimore County Department of Health encourages limousine owners/operators to sign the “Safe and Sober Pledge.” Below is the text of the agreement, which the companies have signed, and pledge to follow.

The Baltimore County Safe and Sober Transportation Company Pledge is part of a voluntary program aimed at protecting the lives of young people during the prom and graduation season. Since this is a voluntary program, all companies that sign the Safe and Sober Transportation Pledge are encouraged to adhere to the spirit and guidelines of the program.

The Baltimore County Department of Health, the Limousine Association of Maryland, and the Baltimore County Public School System are working together to ensure that the guidelines of this program are followed.

If a transportation company owner signs the pledge and does not follow these guidelines, this oversight group has the authority to suspend or terminate the transportation company from the Safe and Sober Pledge program.

The following guidelines will be adhered to by this company and its operators for prom-related events:

- *Tobacco products will not be used or transported by minors in our vehicles.*
- *Alcohol will not be supplied or transported in our vehicles.*
- *Alcohol use will not be allowed in our vehicles.*
- *Illegal drug use or possession will not be permitted.*
- *Companies should monitor what passengers bring into vehicles.*
- *Vehicles should be checked each time passengers depart from the vehicle.*
- *Appropriate number of staff should be provided to properly monitor the passengers.*

We have read the Baltimore County Safe and Sober Transportation Pledge and agree that our company and its operators will adhere to the spirit and guidelines of the program. We understand that if our transportation company violates any of the guidelines of the program that we may face suspension and possible termination from the Baltimore County Safe and Sober Transportation Pledge Program.

2016 Transportation Company Pledge Signers

A Platinum Plus Limousines, Inc.

6146 Downs Ridge Court
Elkridge, MD 21075
410-796-7433
Michael E. Greene
Commission No.: 3077
www.platinumpluslimos.com

About Town Limousine Service, Inc.

P.O. Box 276
North East, MD 21901
410-287-6400
Carol Gerhart
Commission No.: 377
www.abouttownlimo.com

Affordable Luxury Limousine Service

P.O. Box 38
White Marsh, MD 21162
410-529-5006 or 410-768-5900
Jim Ferguson
Commission No.: 1499
www.affordableluxurylimos.com

American Limousines, Inc.

4401 E. Fairmount Avenue
Baltimore, MD 21224
410-522-0400
Gary Day
Commission No.: 56
www.amerlimo.com

American Sedan Service, Inc.

Reisterstown, MD 21136
410-833-1060
Vladimir Segal
Commission No.: 1095
americansedan1@verizon.net

An Extraordinary Limousine Service

Coast to Coast Executive
1113 Dorsey Road
Glen Burnie, MD 21061
410-437-8200
Michelle Tepper
Commission No.: 753
www.bigcars.com

At Your Door Limousine, LLC

1701 Searles Road
Dundalk, MD 21222
443-503-6217
Alfred and Wendy Greiser
Commission No.: 4408
www.atyourdoorlimousine.com

Belaire Limousine, Inc.

P.O. Box 37
Bel Air, MD 21014
410-879-4548
Carolyn J. Nelson
Commission No.: 637
www.BelaireLimo.com

Bob's Limousine Service

9929 Main Street
Damascus, MD 20872
301-525-2525
Bob Cherian
Commission No.: 4185
www.bobslimoservice.com

Capital City Limousine, Inc.

5140 Lawrence Place
Hyattsville, MD 20781
301-982-6100
James M. Bowling
Commission No.: 1077
www.capitalcitylimo.com

Charm City Connections

250 East Susquehanna Avenue
Towson, MD 21286
888-828-6767 or 410-661-6033
Sunny Stephens
Commission No.: 2444
www.charmcityconnections.com

Excalibur Express

1451 Henryton Road
Marriottsville, MD 21104
410-442-1251
Joseph T. Jones
Commission No.: 525
ExcaliburExpressLimo@netzero.net

First Choice Transportation
11521 Cronridge Drive, Suite E
Owings Mills, MD 21117
410-356-3499
Kim Little
Commission No.: 2218
www.fctsedan.com

Gold Star Limo
242 Victory Lane
Bel Air, MD 21014
410-977-6211
Warren Ribakow
Commission No: 3441
www.goldstarlimo.net

Hire Quality, Inc.
Hire Quality Limousines
3103 Winchester Way
Fallston, MD 21047
410-877-1600
Barbara Ballard
Commission No.: 1831
www.HQLimo.com

Lasting Impressions Limousine Service
P.O. Box 1406
Westminster, MD 21158
1-800-583-2233
Kimberly Klein
Commission No.: 2370
www.LastingImpressions1.com

LSA Worldwide
3356 Laurel - Fort Meade Road
Laurel, MD 20724
301-324-1650
Marvin Prince
Commission No.: 3187
www.lsaworldwide.com

Martin's Sedan & Limousine Service
7537 Rickenbacker Dr.
Gaithersburg, MD 20879
301-260-9393
Julian Martin
Commission No: 3341
www.msllimo.com

Melody's Tours, LLC
32 Tenbury Road
Lutherville, MD 21093
410-790-6308
Melody Ann Knight
Commission No. : 4814
www.melodystours.com

Presidential Limo Service
6608 Kilmarnoch Dr.
Baltimore, MD 21228
410-788-4737
Marge Brooks
Commission No. 2720
www.presidentiallimo.net

Reliable Limousine
11941 Tech Road
Silver Spring, MD 20904
301-622-5800
Paul Rodberg
Commission No.: 1494
www.reliablelimo.com

RMA Worldwide Chauffeured Transportation
12270 Wilkins Avenue
Rockville, MD 20852
1-800-878-7743
Joe Herbert
Commission No.: 2014
www.rmalimo.com

The Franklin Chauffeur, LLC
400 Symphony Circle, Unit #155
Hunt Valley, MD 21030
410-841-8400
Linda Lee Jones
Commission No.: 4216
www.thefranklinchauffeur.com

The Limo Lady
P.O. Box 20179
Baltimore, MD 21284
410-663-7000
Joanna Fridinger
Commission No.: 2171
www.thelimolady.com

Triangle Limousine, Inc.

P.O. Box 188
Forest Hill, MD 21050
410-877-0215
Don Testerman
Commission No.: 3049
info@trianglelimos.com

Xquisite Transportation, LLC

P.O. Box 171
Lutherville, MD 21094
443-992-2844
Anthony Shoats
Commission No.: 4512
www.xquisitetrans.com

Zbest Limousine Service

(All Around Limo. /Columbia
Limo. /Comfort Zone/
Gold Key Limo.)
6809 Ritchie Highway
Glen Burnie, MD 21061
410-768-1148
Mert Onal
Commission No.: 1210
www.zbestlimo.com

Baltimore County Department of Health
6401 York Road, Third Floor
Baltimore, Maryland 21212
Phone: 410-887-3828
Fax: 410-887-3786

TTY users call through Maryland Relay

Email: behavioralhealth@baltimorecountymd.gov

Website: www.baltimorecountymd.gov/health

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Healthy people living, working, and playing in Baltimore County

Gregory Wm. Branch, M.D., MBA, CPE, FACP – Director, Health and Human Services
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