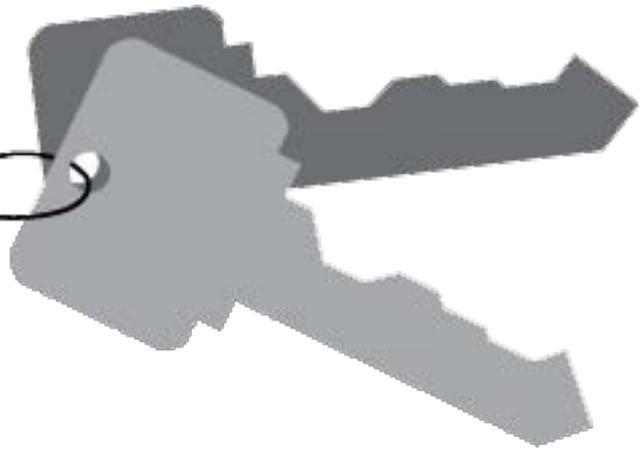
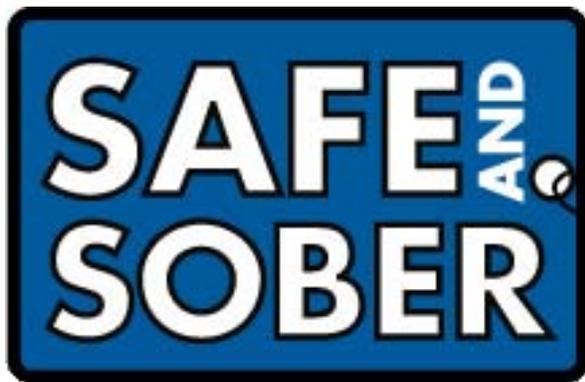


# Prom Season 2016



## 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 web site at [www.psc.state.md.us](http://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

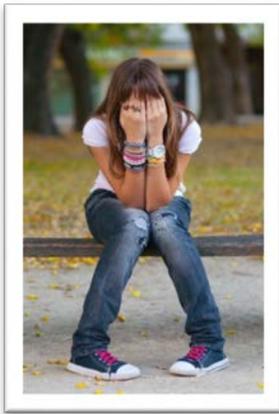
- Every day, 2500 young people use a prescription pain reliever to get high for the first time.
- Nearly half of teens who use prescription drugs say they get them from a relative or friend.
- Teens are 50% less likely to abuse prescription drugs when they learn the risks of drugs from their parents.
- 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

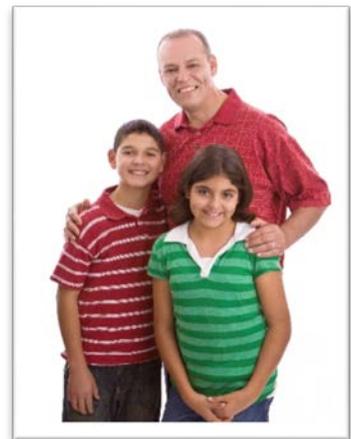
<http://www.teenmentalhealth.org/>

### 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 12<sup>th</sup> 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](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 Kameneitz 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](http://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](http://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](http://www.affordableluxurylimos.com)

### **American Limousines, Inc.**

4401 E. Fairmount Avenue  
Baltimore, MD 21224  
410-522-0400  
Gary Day  
Commission No.: 56  
[www.amerlimo.com](http://www.amerlimo.com)

### **American Sedan Service, Inc.**

Reisterstown, MD 21136  
410-833-1060  
Vladimir Segal  
Commission No.: 1095  
[americansedan1@verizon.net](mailto: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](http://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](http://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](http://www.BelaireLimo.com)

### **Bob's Limousine Service**

9929 Main Street  
Damascus, MD 20872  
301-525-2525  
Bob Cherian  
Commission No.: 4185  
[www.bobslimoservice.com](http://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](http://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](http://www.charmcityconnections.com)

### **Excalibur Express**

1451 Henryton Road  
Marriottsville, MD 21104  
410-442-1251  
Joseph T. Jones  
Commission No.: 525  
[ExcaliburExpressLimo@netzero.net](mailto: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](http://www.fctsedan.com)

**Gold Star Limo**  
242 Victory Lane  
Bel Air, MD 21014  
410-977-6211  
Warren Ribakow  
Commission No: 3441  
[www.goldstarlimo.net](http://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](http://www.HQLimo.com)

**Lasting Impressions Limousine Service**  
P.O. Box 1406  
Westminster, MD 21158  
1-800-583-2233  
Kimberly Klein  
Commission No.: 2370  
[Limpressions@msn.com](mailto:Limpressions@msn.com)

**LSA Worldwide**  
3356 Laurel - Fort Meade Road  
Laurel, MD 20724  
301-324-1650  
Marvin Prince  
Commission No.: 3187  
[www.lsaworldwide.com](http://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](http://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](http://www.melodystours.com)

**Presidential Limo Service**  
6608 Kilmarnoch Dr.  
Baltimore, MD 21228  
410-788-4737  
Marge Brooks  
Commission No. 2720  
[www.presidentiallimo.net](http://www.presidentiallimo.net)

**Reliable Limousine**  
11941 Tech Road  
Silver Spring, MD 20904  
301-622-5800  
Paul Rodberg  
Commission No.: 1494  
[www.reliablelimo.com](http://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](http://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](http://www.thefranklinchauffeur.com)

**The Limo Lady**  
P.O. Box 20179  
Baltimore, MD 21284  
410-663-7000  
Joanna Fridinger  
Commission No.: 2171  
[www.thelimolady.com](http://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](mailto:info@trianglelimos.com)

**Xquisite Transportation, LLC**

P.O. Box 171  
Lutherville, MD 21094  
443-992-2844  
Anthony Shoats  
Commission No.: 4512  
[www.xquisitetrans.com](http://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](http://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](mailto:behavioralhealth@baltimorecountymd.gov)

Website: [www.baltimorecountymd.gov/health](http://www.baltimorecountymd.gov/health)

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