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## HC DrugFree is keeping Howard County *In the KNOW!!!*

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### Holiday Parties

Attending or hosting holiday parties? Ringing in the New Year with a few drinks? Take steps to prevent drunk driving and keep us all safe this holiday season:

- Plan ahead. If you will be drinking, do not drive. Plan a safe ride home *before* the party begins.
  - If someone else is drinking, take their keys and get them a safe ride home.
  - If you see an impaired driver on the road, contact local law enforcement. You could save a life.
  - ...And remember, do not give alcohol to anyone under 21.
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### Santa Shouldn't Have Access to Your Medication

...nor should any of his adorable little elves. Remember, before family and friends arrive and the holiday celebrating begins, secure your prescription and over-the-counter medications. Remove all medication from bathroom and kitchen cabinets and on top of your bedroom dressers.

Keep your family and friends of all ages safe this holiday season.

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### Formaldehyde, Acrolein and Methylglyoxal: Your Teen May be Vaping These!

The Food and Drug Administration reported that **1.3 million MORE** high school youth use e-cigarettes now than in 2017. The Centers for Disease Control and Prevention found a **78% increase in e-cigarette use by teens** in just one year.

For many years, HC DrugFree has had a relationship with Dr. Wilson Compton, Deputy Director of the National Institute on Drug Abuse (NIDA), and we proudly partner with NIDA on a variety of projects. Dr. Compton is being interviewed by many media outlets this week and discussing that **1/3 of high school seniors** report using a vaping product. Students claim they are vaping "*just flavoring*" and don't know there are exposed to other chemicals.

While cigarette use has declined because we've taught our children about the many dangers, now our Howard County youth need us to educate ourselves and them about the dangers of e-cigarettes, Juuls, and all vaping devices.

HC DrugFree has held 2 vaping programs this school year and created a back-to-school video to bring vaping by Howard County youth to parents' attention. We plan to offer at least one more vaping program in the spring.

[Click here](#) to read what the Surgeon General has to say on this topic, including taxing and indoor bans.

For more vaping updates, visit [Newsweek Link](#) or [NBC News](#).

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### **TAC Meeting Monday, January 14**

All Howard County high school students are invited to join HC DrugFree's Teen Advisory Council (TAC) and community service hours are available for all meetings/events. The next meeting will be on Monday, January 14.

Registration forms are being accepted. Email or mail signed registration form and photo. Forms can be found on our website at <http://www.hcdrugfree.org/teen-advisory-council-1>.

TAC follows the Howard County Public School System's weather policy. If school is closed or evening activities are cancelled, there will be no TAC meeting.

Unless otherwise notified, all meetings will be held at The Barn/Teen Center in the Oakland Mills Village Center from 5:30 p.m. to 7:00 p.m. If you have any questions, please email [Admin@hcdrugfree.org](mailto:Admin@hcdrugfree.org).

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### **Registration Open: Howard County's 2019 Evidence-Based Parenting Classes**

Howard County parents/guardians of 9 to 14 year olds are invited to join HC DrugFree and the Howard County State's Attorney's Office for our next *Guiding Good Choices* parenting 4-week program.

Participants will learn the skills to reduced the risk that their children will use drugs. After completing the program, families will be able to: **Influence** their children to help prevent drug use and other risky behaviors. **Develop** clear family guidelines and expectations about drug use. **Teach** children how to stay out of trouble, keep their friends and still have a good time.

Classes will be held on Tuesdays, **March 5, 12, 19 and 26**. Adults are expected to attend all 4 sessions. Unless otherwise notified, all meetings will be held at the Elkridge Branch of the Howard County Library from 5:30 p.m. to 8:00 p.m.

More information will be shared in future newsletters, but the flier and updated information can be found on HC DrugFree's website at <http://www.hcdrugfree.org/events/>. Registration is now open.

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### **End of Year Sponsors/Donors Wanted**

HC DrugFree depends upon the generosity of individuals, PTSAs/PTAs, organizations and businesses in the community to support our free services to the community. Please donate today. Any size gift is welcome. Consider contacting us to sponsor an event or make a one-time or monthly donation. Thank you for your support.

HC DrugFree is a 501(c)(3). [Donate online](#) or mail checks to HC DrugFree, 5305 Village Center Drive, Suite 206, Columbia, MD 21044.

For more information, contact HC DrugFree's Executive Director, Joan Webb

## Get Help in Howard County

If you or someone you know in Howard County needs mental health or drug/alcohol counseling, call 800-422-0009, 24-hours a day, or walk into Grassroots for screening & referral assistance, 6700 Freetown Road, Columbia or visit [www.HoCoOpioidHelp.com](http://www.HoCoOpioidHelp.com).

Naloxone (Narcan) is a life-saving medication that can be used to help restore breathing to someone who has overdosed on opioids, including heroin, prescription opioids, and fentanyl. For more information on how to administer and obtain naloxone, please contact the **Howard County Health Department** at 410-313-6202 or at [orprresponse@howardcountymd.gov](mailto:orprresponse@howardcountymd.gov).

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