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

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### What's Up? Alcohol Deaths Up 35% - and 67% among Women

One more reason why HC DrugFree doesn't just focus on opioids: More people die each year from alcohol than opioids, and the number of alcohol-related deaths in the United States is rising-especially among women, Jayne O'Donnell writes for *USA Today*.

Maybe it's the social acceptance of alcohol over opioids, the increase in workplace stress on working mothers, the economy, or thanks to social media, thinking others have happier lives, but adults are drinking to cope.

[Click here](#) to read article.

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### Thank You, Atholton HS PTSA for Tackling Vaping

HC DrugFree thanks Atholton High School PTSA for partnering with us to provide Tackling Vaping Among Teens on November 27. Thank you to PTSA President Kim Lowe, Principal Mr. Robert Motley, AHS HC DrugFree Representative Lisa Rhodes and all who attended.

Thank you to our presenter, Mark Donovan, owner of both Congruent Counseling and Integrative Counseling, for once again donating his time and talents to educate Howard County parents and youth.

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### To Vape or Not to Vape?

HC DrugFree encourages you to continue learning more about the possible dangers of all vaping products. Talk to your children and grandchildren about your clear expectation that they not use. Too many Howard County youth believe vaping products are completely safe.

[Click here](#) to read another interesting article with more reasons not to vape.

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### TAC Meeting Monday, December 10 and 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 meetings will be on Monday, December 10 and 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.

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## More than 40 Deaths in Howard County in 2018

On December 6, the Howard County Police Department reported: 40\* Fatal and 173 Non-Fatal = 213 Overdoses in 2018. \*In fatal cases, some deaths are pending autopsy results for opioids and/or other substances. Numbers may fluctuate.

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## PTAs/PTSAs Helping HC DrugFree Keep Howard County Youth Safe

*The list is growing!* Thank you to the following Howard County PTAs/PTSAs for supporting HC DrugFree in the 2018-19 school year:

**Atholton High School PTSA - Bonnie Branch Middle School PTA - Burleigh Manor Middle School PTA - Centennial High School PTSA - Clarksville Middle School PTA - Elkridge Landing Middle School PTA - Ellicott Mills Middle School PTA - Folly Quarter Middle School PTA - Glenwood Middle School PTSA - Hammond High School PTSA - Long Reach High School PTSA - Marriotts Ridge High School PTSA - Mayfield Woods Middle School PTA - Mount Hebron High School PTSA - Mount View Middle School PTA - Murry Hill Middle School PTA - Oakland Mills High School PTSA - Reservoir High School PTSA**

Contact Admin@hcdrugfree.org to learn how you or your PTA/PTSA, organizations, employers, etc. can financially support as well as partner with HC DrugFree this school year. If we missed your PTA/PTSA on our list, please let us know.

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## **NEW:** Howard County Mental Health and Substance Use Treatment Resource Directory

[Click here](#) to access a directory of Howard County mental health and substance use treatment resources updated in November 2018.

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## 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.

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 [orpreponse@howardcountymd.gov](mailto:orpreponse@howardcountymd.gov).

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