

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

Fact: Howard County's Leading Cause of Death for 15-19 Year Olds

Do you KNOW that death by suicide was the leading cause of death for youth ages 15-19 in Howard County between 2014-16?

Suicide is preventable.
Talk with your doctor.
Get a referral to a mental health specialist.
Talk with your school counselor.
Connect with family and friends.

Help Is Available

The holidays are portrayed as a loving time with family and friends. However, for many people, this season is a time of stressing over long to do lists and anxiety over pleasing everyone else. Remember, most of us don't live in a Hallmark movie. Stop. Relax. Breathe!

If you are feeling stressed, talk with a trusted friend or therapist. Ask for help. Know when to say NO. Take care of yourself. Soon the holiday hustle and bustle will be over and 2019 will be behind us.

If you are in crisis, contact Grassroots Crisis Intervention 24/7. They offer a 24-hour crisis hotline, walk-in crisis counseling, a mobile crisis team, substance use services, emergency shelter, and more. Call 410-531-6677 or go to 6700 Freetown Road in Columbia.

Maryland Survey Results Non-Prescription Opioids vs Heroin

The Maryland Public Opinion Survey tracks changes in patterns of use, attitudes, and source of opioid misuse among people in Maryland who admit to using prescription and non-prescription opioids.

The survey found that the older age group (50-64) almost completely misused non-prescription opioids for pain management, while the younger group (18-25) is misusing mainly to get high, experiment, and manage pain. [Click here](#) to view the full results of the survey.

Howard County Opens Crisis Stabilization Facility

On December 10, Howard County officially opened the "New Beginnings Crisis Stabilization" facility. This facility, located at the Grassroots Crisis Intervention

Center, is an important component of Howard County's opioid intervention strategy to meet immediate needs for assessment, treatment, referrals and brief overnight housing and food.

With these new crisis services, Howard County is better equipped to address substance use disorder needs. For more information, contact the Grassroots 24-hour crisis hotline by dialing 211 (or 410-531-6677).

Hurry to Make End-of-Year Donation

Thank you for donating to HC DrugFree. [Click here](#) to make your 2019 donation.

First Long-Term Vape Study Finds Links to Lung Problems

A study of 32,000 adult participants published in the American Journal of Preventative Medicine found that people who used e-cigarettes were 30% more likely to develop a chronic lung disease. Experts stress that "no form of tobacco is safe" and that there are growing concerns about the effects of vaping on teenagers as the number of teenagers who vape has doubled since 2017. [Click here](#) to find more information about these studies.

Have Your Company Sponsor An Event

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 to 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.

PTSAs/PTAs Donating to HC DrugFree

Last school year, all Howard County Public High School PTSAs and many middle school PTAs donated to HC DrugFree. Thank you to the following PTSAs/PTAs for hurrying to donate to HC DrugFree this school year and let's keep this list growing:

High Schools PTSAs:

Atholton High School PTSA
Centennial High School PTSA
Long Reach High School PTSA
Marriotts Ridge High School PTSA
Mt Hebron High School PTSA
Oakland Mills High School PTSA
River Hill High School PTSA
Wilde Lake High School PTSA

Middle School PTAs:

Burleigh Manor Middle School PTA
Clarkville Middle School PTA
Dunloggin Middle School PTA

Elkridge Landing Middle School PTA
Folly Quarter Middle School PTA
Glenwood Middle School PTA
Mayfield Woods Middle School PTA
Murray Hill Middle School PTA
Patuxent Valley Middle School PTA

If your PTA or PTSA is not on the list, please encourage them to donate and feel free to contact us for more information. Thank you!

Teen Advisory Council (TAC) Meeting: Monday, January 13

TAC Advisors: Ms. Joan Webb Scornaienchi, HC DrugFree's Executive Director, and Ms. Debra O'Byrne, HCPSS administrator, look forward to working with your teens!

Encourage all Howard County high school teens in your life to join HC DrugFree's Teen Advisory Council (TAC) where they will have a safe place to learn about risk taking, healthy alternatives, discuss what is happening in and around our community and much more. Questions? Call 443-325-0040 or email Admin@hcdrugfree.org.

The next TAC meeting will be held on Monday, January 13 from 5:30 p.m. to 7:00 p.m. at The Barn (The Columbia Association's Teen Center) located in The Oakland Mills Village Center. TAC is open to all Howard County high school students (public, private and home school), but students must RSVP to Admin@hcdrugfree.org for each meeting. TAC follows the HCPSS school cancellation policies. Visit the TAC page at <http://www.hcdrugfree.org/teen-advisory-council-1/> to find registration forms. Refreshments provided.

Resource Directories for Youth and Adults

Howard County has resource directories available to help you find treatment providers and other services. [Click here](#) for health services and [click here](#) for youth services.

Free Resources

Howard County Police Department
Police Emergency.....911
Non-Emergency Line410-313-2300
Drug Activity Tip Line410-290-DRUG
Anonymous Tip Line.....410-313-STOP

Three out of four people using heroin began with the use of prescription medication. Get expired and unwanted medicines out of your home! For proper disposal locations, contact:
HC DrugFree
www.hcdrugfree.org
443-325-0040

Messages provided by HC DrugFree and the Howard County Health Department with funding from MD 0706 & CARRISA.

Be sure to safely store or properly dispose of your medication. Storage boxes are available at HC DrugFree's office. Please contact our staff to arrange a time to pick up a box and let us know what other resources you need.





For more information, contact
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