

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

### Happy New Year from HC DrugFree

HC DrugFree's team wishes you and yours a very Happy New Year and all the best in 2020. Remember to provide nonalcoholic beverages at your celebrations, arrange designated drivers before any drinking begins, and of course, if you drink, please don't drive. Let's keep everyone safe this evening and throughout 2020.

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### Learning Life Skills in Middle School

HC DrugFree is proud to partner with Dunloggin Middle School to provide a highly interactive and skills-based program designed to promote positive health and personal development for youth in grades 6-8. The integrated approach helps to develop personal, interpersonal, and drug resistance skills.

This middle school program uses developmentally appropriate, collaborative learning strategies to help students achieve competency in the skills that have been shown to help students resist substance use (tobacco, alcohol and other drugs), violence, and other high-risk behaviors.

The training will be conducted by HC DrugFree's team and held immediately after school during 15 classes running from January to March. [Click here](#) for more information on class dates, times, and to register. **This January to March training is for Dunloggin Middle School students only.** If your middle school, PTA, or group would like to partner with HC DrugFree for a training, please contact our office.

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### Support Howard County Youth and Families in 2020 by Helping to Provide Drug/Alcohol Prevention and Education

Thank you for donating to HC DrugFree, so we can continue to educate youth and adults and serve the community. [Click here](#) to make your 2019 donation.

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### Nearly Half a Million Americans Died from Drug Overdoses this Decade

There have been 467,000 drug overdose deaths in America so far this decade, which has triggered a public health emergency. Opioids were the leading cause of these deaths, but in recent years, deaths from overdosing on strong synthetic drugs have increased. [Click here](#) to read about this decade's drug epidemic and

why treatment systems need to cover more than opioid addiction during the "fourth wave."

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## Drug Company Distortion of Medical Evidence

When drug companies fund medical studies, the results usually overplay their benefits and downplay their harms, and when doctors accept marketing from these companies, they are more likely to prescribe unnecessary medication to their patients. This issue is distorting research, education, and practice, causing harm to the consumer. [Click here](#) to read more about the problem and what needs to be done.

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## Safe Talk Training

Safe TALK is a 3-hour training that helps participants recognize and respond to a person with thoughts of suicide. The participants will become suicide alert helpers and learn how to connect the person with thoughts of suicide with resources to help them choose to live. CEUs are available. Cost: Free but registration is required.

**Date/Time:** January 30 from 1:00 p.m. to 4:00 p.m.

**Location:** Rice Auditorium, 55 Wade Ave, Catonsville 21228

**Link:** <http://www.bit.ly/2rcVZA2>

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## Narcan/Naloxone Training

The Howard County Health Department offers free Opioid Overdose Response Program training on a drop-in-basis. Simply show up and learn how to administer Narcan, the opioid reversing medicine and how to save a person's life from a possible overdose caused by an opioid. Cost: Free but registration is required.

**Date/Time:** January 7 and 30 from 3:00 p.m. to 6:00 p.m.

**Location:** Howard County Health Department, 8930 Stanford Blvd, Columbia 21045

**Link:** <http://www.bit.ly/2qX6ur3>

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## Have Your Company Sponsor Howard County Events

HC DrugFree depends upon the generosity of individuals, PTSA/PTAs, organizations, and businesses in the community to support our free services to the Howard County community. Contact 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.

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## HC DrugFree Is Proud to Partner with PTSA/PTAs

Thank you to the following PTSA/PTAs for donating to HC DrugFree this school year *and let's keep this list growing*. If your PTSA/PTA is not on the list, please encourage them to join us as we work to keep Howard County youth and families informed and safe:

### **8 of 12 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

### **9 of 20 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

Thank you!

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### **Vaping No Better than Cigarettes for Lungs**

Vaping has been promoted as a safer alternative to smoking cigarettes, but don't believe all you hear/read. One researcher noted that because e-cigarette users take larger puffs than conventional cigarette smokers, the nicotine delivery may be increased and actually more harmful. [Click here](#) to read more about the links between vaping and lung problems.

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### **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 to join HC DrugFree's 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](mailto: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](mailto: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.

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### **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.



## Medication Storage

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.



## Free Resources

Please contact our staff to let us know what resources you need. We have free magnets with emergency contact numbers, , and brochures about drugs including alcohol, marijuana, vaping, cigarettes, etc.



For more information, contact  
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