

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

**Maryland Residents: Get Naloxone Mailed to You for Free**

Maryland residents may get Naloxone, the medication used to counter an opioid overdose, mailed to them for free. For more information, go to:

**[naloxoneforall.org/maryland](http://naloxoneforall.org/maryland)**.

\*no payment or insurance required

\*the order information is confidential (including name/address)

\*you will receive nasal Naloxone

\*may also request free fentanyl testing strips

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**Back-Up Date Correction: Not My Child: Teen Vaping and More**

Parents/guardians are invited to join HC DrugFree and Marriotts Ridge High School PTSA to learn more about vaping and other drug use in Howard County.

**January 29 at 7:00 p.m. in the Marriotts Ridge High School auditorium.**

Free. Open to the public. If school activities are cancelled due to weather, the back-up date will be February 11 at 7:00 p.m.

Previously, we had the incorrect back-up date, so be sure to update your calendars. The printable flier below was and is correct.

[Click here](#) for a printable flier.

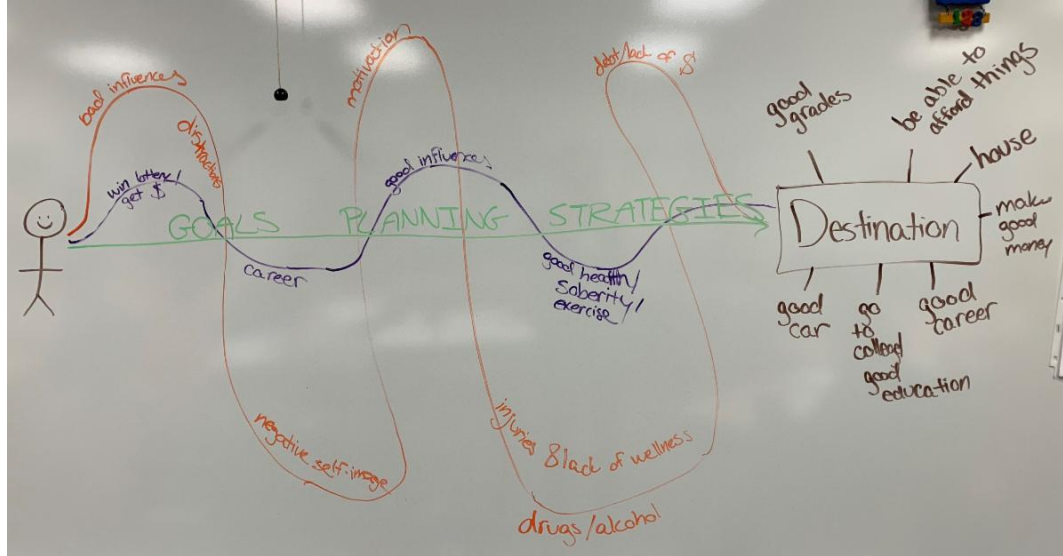
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**Howard County Middle School Students Set Their GPS**

So far in January, HC DrugFree held four of the fifteen scheduled Life Skills classes to be held at Dunloggin Middle School. Students learned how to follow their GPS (Goals, Plans and Strategies) to reach their desired destinations in life. They understand that there are many different paths to success and are learning how to reach their goals in ways that work for them. Students learned about smoking myths and realities and how smoking or vaping could affect their ability to get where they want to go.

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 photo below shows the paths students may take to reach their goals:



## NIDA Director Says New Pain Medications Are Years Away

Amid the opioid crisis, pharmaceutical companies have been hard at work trying to develop pain management alternatives. Until that time comes, it's important for health care systems to adapt to reduce patients' risks of abusing these drugs and getting addicted. [Click here](#) to read more about the possibility of creating new, safer pain medications.

## In the KNOW about Death by Suicide:

- Suicide is the second leading cause of death among ages 10-25.
- Firearms or suffocation are used in 90% of suicide deaths.
- Boys and young men die by suicide at higher rates, across every race and age.
- Girls and young women attempt suicide more often, using less lethal methods.
- Historic gap in suicide fatality between genders is narrowing

## Unrecognized Genius

A college degree is not the only path to success. Youth who know they could become successful plumbers, artists, or athletes are feeling increasingly pressured to fit into molds that don't work for them. [Click here](#) to read about alternatives to college and why it's important to celebrate different kinds of intelligence.

## More than 100 Billion Pain Pills

Between 2006 and 2014, more than 100 billion doses of highly addictive pain pills were shipped nationwide. Six manufacturers accounted for 76% of these pills, and some are facing lawsuits with counties across the country. [Click here](#) to read more about how these manufacturers are fueling the opioid epidemic.

## In the KNOW about What Not to do About Anxiety

It may be hard to understand how you can help someone who is suffering from anxiety. Advice is normally focused on what you should do to help, but it's just as important to learn what not to do. [Click here](#) to read about what you should avoid doing in order to prevent an anxious situation from escalating.

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## Gen X Women Get Less Sleep

Gen X women are living a different middle age than their mothers and grandmothers did. They're facing more stress from having careers, raising children, and a growing number of other factors. As a result, they're getting significantly less sleep than other generations do. [Click here](#) to read about how women can solve this problem.

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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 donation.

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