

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

Women Need to *KNOW*

One serving of alcohol per day increases the risk of breast cancer for women by roughly 10%.

Young females are now more likely to drink and to report getting drunk than young males.

Among adults, alcohol-related emergency department visits, hospitalizations, and deaths have increased more for women than men.

Information provided by the National Institute on Alcohol Abuse and Alcoholism.

January 29, Free Parent Program - Not My Child: 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 10 at 7:00 p.m.

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

Teens Untreated After Overdose

According to a recent study, fewer than 1 in 3 youths who overdosed on opioids and survived did not receive timely addiction treatment. [Click here](#) to read about why teens may not be getting the attention they need when it comes to opioid addiction.

Overdose or Suicide?

New research from Johns Hopkins has shown that up to a third of opioid overdose deaths might be suicides. In Maryland, 80% of overdose cases are labeled with undetermined manners of death, which is the highest percentage in the country. [Click here](#) to read more about this research and importance of understanding the links between the suicide and opioid epidemics.

First Medical School to Require Mental Health Course

Des Moines University has become the first medical school to require students to

take a mental health course. These students are used to seeing patients at their worst, so this class aims to break down the stigmas they have developed about people suffering from mental illnesses. [Click here](#) to read more about this program and why other schools may want to implement the same requirement.

Vaping Industry Targeting High School Students Looking for Scholarships

Although the FDA has increased age restrictions on vaping to 21, vape companies are continuing to target their advertising towards high school students. There is a shocking number of scholarships that prompt students to write about why vaping is a "safer alternative" to smoking cigarettes. [Click here](#) to read more about this issue.

Stand Up to Bullies

When a cheerleader with down syndrome was being bullied at a middle school basketball game, three boys came off the bench to defend her. [Click here](#) to read the full story and watch an interview with the boys.

Kids Need Grandparents

A study has been conducted about the importance of a strong relationship between grandparents and their adult grandchildren. Starting to form these bonds at a young age can allow children to feel like they have a safe place to go for advice. [Click here](#) to learn about how both grandparents and grandchildren can benefit from a close relationship and learn from each other.

New Year's Goals from Parents to Children

As convenience is becoming more important to each generation, it's getting easier to forget to teach kids about the importance of being self-sufficient. [Click here](#) for a list of simple ways you can help your child become more independent.

"I Am"

A ten-year-old boy with autism was given a school assignment to write a poem titled "I am." He went above and beyond the homework's requirements by spilling his emotions and leaving teachers and parents in awe. [Click here](#) to read the full poem.

Teen Advisory Council (TAC) Meeting: Monday, February 10

All Howard County high school teens are welcome 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.

The next TAC meeting will be held on Monday, February 10 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 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.



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.

HC DrugFree Is Proud to Partner with PTSAs/PTAs

Thank you to the following PTSAs/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:

9 High Schools PTSAs:

Atholton High School PTSA
Centennial High School PTSA
Hammond 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

10 Middle School PTAs/PTSAs:

Bonnie Branch Middle School PTA
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 PTSA
Mayfield Woods Middle School PTA
Murray Hill Middle School PTA
Patuxent Valley Middle School PTA

Thank you!

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.



For more information, contact
 Joan Webb Scornaienchi, Executive Director
 HC DrugFree
 5305 Village Center Drive, Suite 206
 Wilde Lake Village Center
 Columbia, MD 21044
 443-325-0040
Info@hcdrugfree.org
www.hcdrugfree.org

