

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

Report Released: 2020 Vision for Health in Howard County

For decades, Howard County has been known for its forward-thinking approach to creating the highest quality of life, serving as a national example of how people of diverse backgrounds can create a thriving community. Yet, the future presents new challenges.

[Click here](#) for a printable PDF of the report released by the Horizon Foundation.

KNOW Your Limits on Super Bowl Sunday

As you cheer for your favorite team, HC DrugFree reminds you to be safe this weekend. If you drink, please don't drive.

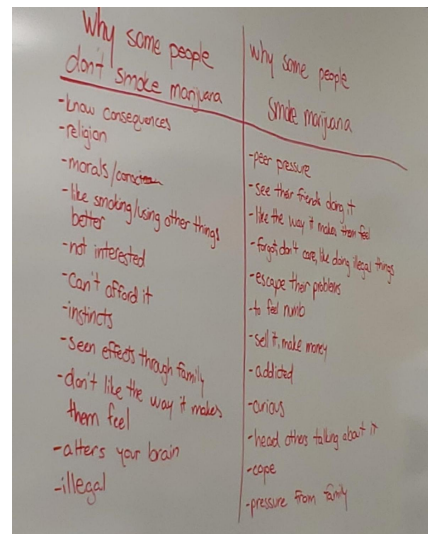
Celebrate at home, offer non-alcoholic beverages, spend the night, take the keys, call for a ride, or be the designated driver. There's a lot you can do to keep yourself and others safe.

Dunloggin MS Students KNOW Skills

At HC DrugFree's 6th Life Skills class held at Dunloggin Middle School, students learned about the dangers of marijuana and then reviewed what they learned in their first 6 classes.

Next week, both classes will be devoted to advertising targeting youth. Where children live, what they view online or on television, and even where they shop, influence the many messages they receive about smoking, drinking, other drug use, building healthy relationships, and so much more. What advertising do your middle school children see and what impact does it have on them?

Thank you to Dunloggin Middle School staff, especially Ms. Debra O'Byrne, and the PTA for partnering with HC DrugFree.





Twenty-one high school students from across Howard County attended HC DrugFree's January Teen Advisory Council (TAC) meeting.

William "Bill" Woodcock, a personal coach and consultant, was the guest speaker. The discussion included the purpose of New Year's Resolutions and why some are more beneficial than others. Topics included encouraging the teens to challenge themselves, hold themselves accountable, and grow and set new goals. Mr. Woodcock stressed that resolutions are not always meant to be kept.

All Howard County high school students are invited to join TAC. Our next 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. 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.

TAC Advisors: Ms. Joan Webb Scornaienchi, HC DrugFree's Executive Director and Ms. Debra O'Byrne, Howard County Public School Administrator.

Register Now to Attend Parenting Classes

HC DrugFree and the State's Attorney's Office are offering another series of parenting classes. Guiding Good Choices is an evidence-based, interactive prevention program that provides the families of children age 9-14 with the skills and knowledge to reduce the risk that their children will use drugs.

The program is for parents. Children age 9-14 are invited to attend the third session with their parents.

After completing the program, families will be able to:

- Influence their children to help prevent drug use and other risky behaviors.
- Develop clear family guidelines and expectations about drug use.
- Teach children how to stay out of trouble, keep their friends and still have a good time.

Dates: Tuesdays, March 10, 17, 24, and 31 (Parents are expected to attend all 4 classes.)

Time: 5:30 p.m. – 8:00 p.m.

Location: Oakland Mills Middle School, 9540 Kilimanjaro Road, Columbia

To register, visit <https://www.surveymonkey.com/r/March2020oms>

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

For more information, contact HC DrugFree's Executive Director, Joan Webb

Teen Suicide Rates Climb

In 2016, the CDC found that middle school students were as likely to die from suicide as from traffic accidents. Certain states have started to make changes in school policies to focus more on student health and provide educators with better resources. [Click here](#) to read more about this issue and what can be done.

Older Adults and Substance Use Disorders

The number of older adults who misuse alcohol and other drugs is increasing, and their aging bodies and brains are not able to handle the harmful effects. [Click here](#) to read about this problem and guidelines for treatment.

Neighboring County Sees Decline in Overdoses

Drug and alcohol overdoses in Carroll County decreased for the first time since 2016, but officials are still worried. [Click here](#) to read more.

Even When Sober, Frequent Marijuana Users Are Dangerous Drivers

Research suggests that people who started using cannabis at a young age are more likely to struggle performing complex cognitive tasks. They also may be dangerous drivers, even when they are sober. [Click here](#) to read more about this study and marijuana's role in crashes.

Alcohol-Related Deaths Increased in the US between 1999 and 2017

Between 1999 and 2017, the number of alcohol-related deaths per year among people aged 16+ doubled. The biggest increase in alcohol-related deaths was among women and middle-aged people. [Click here](#) to read the full study.

Technology: The New Secondhand Smoke

When parents spend too much time on their phones in front of their kids, it becomes harder for children to develop proper communication skills. Older kids are being impacted, too; they're struggling to have formal social interactions. [Click here](#) to read about why parents' smartphone use is being called "the new secondhand smoke."

Is Your Company Sponsoring Educational Events?

HC DrugFree depends upon the generosity of individuals, PTSAs/PTAs, organizations, and businesses in the community to support our free services to the Howard County community. Any size gift helps. Contact us to sponsor an

event, make a one-time or monthly donation, or volunteer. Thank you for your support.

HC DrugFree is a 501(c)(3). [Donate online](#) or mail checks to HC DrugFree.

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 information and brochures about drugs including alcohol, marijuana, vaping, cigarettes, etc.



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