

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

Maryland Launches First-in-Nation Wellness Calls for Senior Citizens

Maryland is the first state with a program that offers daily wellness checks by phone for older residents. Since most people say they want to "age in place" in their own homes, Senior Call Check provides a phone call to Marylanders age 65 and older each day at a designated time.

If seniors don't answer the phone after three attempts, a designated contact person or local law enforcement will go to the home. [Click here](#) to read more about this program.

18 Ways to Get Your Children to Love Reading

Audiobooks, watch the movie after reading the book, surround children with books, read aloud, visit libraries, start a club, and more. If you're struggling to get your kid interested in reading, [click here](#) for some creative ways to make it their new favorite pass-time.

Where Teens Hide Drugs

Can you identify where teens and others hide drugs right in plain sight? Be sure to watch this video to see all the places you wouldn't look! [Click here](#) to view the video about surprising places drugs are hidden.

Video: Teens "Dabbing" Concentrated THC

A much more potent way to use marijuana called "dabbing" – smoking concentrated THC, the chemical in marijuana that gets you high – is getting more popular among teens. NBC's Gabe Gutierrez joins TODAY to tell you what parents need to know. [Click here](#) to watch the video.

HC DrugFree Events Cancelled or Postponed Until Further Notice:

1. **Teen Advisory Council (TAC)** - March 16 meeting cancelled.
2. **Parenting Classes** (held at Oakland Mills Middle School) - March 17 and 24 classes will not meet. Participants will be emailed as information becomes available.
3. **Life Skills Classes** at Bonnie Branch Middle School - March 17 to March 26 classes will not meet. Parents of registered student will be emailed as

information becomes available.

Thank you for your continued support.

Howard County and Maryland Youth Data

Howard County students as well as students across Maryland participated in the Youth Risk Behavior Survey/Youth Tobacco Survey (YRBS/YTS) 2018-2019. To access the latest survey results for Howard County students only, [click here](#) for a printable PDF.

To access all Maryland results, visit

<https://phpa.health.maryland.gov/ccdpc/Reports/Pages/YRBS2018.aspx>

Don't Drink Away Your Stress

A recent study of over 17,000 people found that for every gram of alcohol consumed a day, the brain aged seven-and-a-half days. The team conducting the study also found that smoking a pack of cigarettes a day aged brains even more. [Click here](#) to read more about this large study.



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:

High Schools PTSAs:

Atholton High School PTSA
Centennial High School PTSA
Hammond High School PTSA
Howard 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/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

Resource Directories for Youth and Adults

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



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