

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

Monday, August 10: Learn to Save Lives

High school and middle school students, parents, babysitters, grandparents and everyone wanting to save the lives of loved ones are encouraged to join HC DrugFree's Teen Advisory Council (TAC) for a free online cardiopulmonary resuscitation (CPR) training this Monday, August 10 at 5:30 p.m.

Why should you know CPR? ...because 88% of all cardiac arrests occur at home or at work, so the chances of you knowing the person are very high. Yet, less than 1/3 of those who suffer cardiac arrest at home, work, or in a public place receive CPR. As a result, 400,000 people die each year in the U.S. Often, it's because loved ones or bystanders don't know CPR. When a person goes into Sudden Cardiac Arrest (SCA), his or her survival depends on immediately getting CPR. The Howard County Department of Fire and Rescue Services will be conducting this training focusing performing CPR on infants, children and adults. Invite your family, friends, and co-workers to join us.

To register, [click here](#) or copy/paste this link:

<https://howardcountymd.webex.com/howardcountymd/onstage/g.php?MTID=eac837ce546577c05c3211d33cb0fa990>

Thank you for supporting HC DrugFree's Teen Advisory Council.

Save the Date: Learn More about Security Clearances

At 5:30 p.m. on Monday, August 24, HC DrugFree's Teen Advisory Council (TAC) will learn more about security clearances from the Federal Bureau of Investigation (FBI). Also, a former TAC member will share about his experience receiving his first security clearance just a few weeks ago!

More registration information will be shared next week, but please encourage high school students to submit their 2020-21 TAC registration forms now, so they receive our updates to access the program link. See below.

Teen Advisory Council Registration

Howard County high school students may [click here](#) to access the 2020-21 school year Teen Advisory Council (TAC) registration form. Updated signed forms are due each year. TAC is open to all Howard County high school students. Community service hours available.

Email a signed PDF to admin@hcdrugfree.org or mail a hard copy to HC

DrugFree, 5305 Village Center Drive, Suite 206, Wilde Lake Village Center, Columbia, MD 21044. Be sure to include a photo.

Virtual Learning in "Affluent" Howard County

Some Howard County parents plan to hire tutors to supplement their children's education during the pandemic. In a July 29 article published by The PEW Charitable Trust, "affluent" Howard County was mentioned as a place where parents plan to pay \$70 an hour for tutoring one student to \$29 an hour each for a pod of four students. [Click here](#) to read the article.

Taking Care of Our Kids' (and Our Own) Mental Health

Learn ways to help protect you and your family's mental health as we start the school year. [Click here](#) to read the article.

Alcohol Deaths

Excessive alcohol use is a leading cause of preventable death in the United States and costs associated with it, such as those from losses in workplace productivity, health care expenditures, and criminal justice, were \$249 billion in 2010. In the new report from the Centers for Disease Control and Prevention, researchers estimate that an average of more than 93,000 people died from a cause attributable to excessive alcohol every year from 2011 to 2015, at an annual rate of 27.4 deaths per 100,000 people. [Click here](#) to read more.

MD Racial Trauma Information and Resources

The MD Department of Health created a new Racial Trauma Information and Resources page. [Click here](#) to access the page.

Race in the Classroom: Seeing Color

[Click here](#) to access the video of an original spoken word poem on the discourse of race in the classroom.

What Do You KNOW about Carfentanil?

Carfentanil is a synthetic opioid that looks similar to cocaine or heroin and is often mixed with either. [Click here](#) to read about how powerful it is compared to other drugs.

Support HC DrugFree

[Click here](#) to donate today.

Your Family's Drug Dealer

Be sure to safely store or properly dispose of your prescription and over-the-counter medication. Don't be your family's drug dealer.

Senior Call Check Program

Maryland is the first state in the country to start a free, opt-in, telephonic service to check on Maryland's residents 65+, all across the state. Call 1-866-50-CHECK (1-866-502-0560) to register. [Click here](#) for more information.

Need to Talk to Someone? Call 2-1-1, Press 1

Problems with depression? Anxiety? Thoughts of suicide? Drugs or Alcohol? Call Maryland's helpline: Call 211, press 1 or text your zip code to 898-211 (TXT-211).



For more information, contact
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