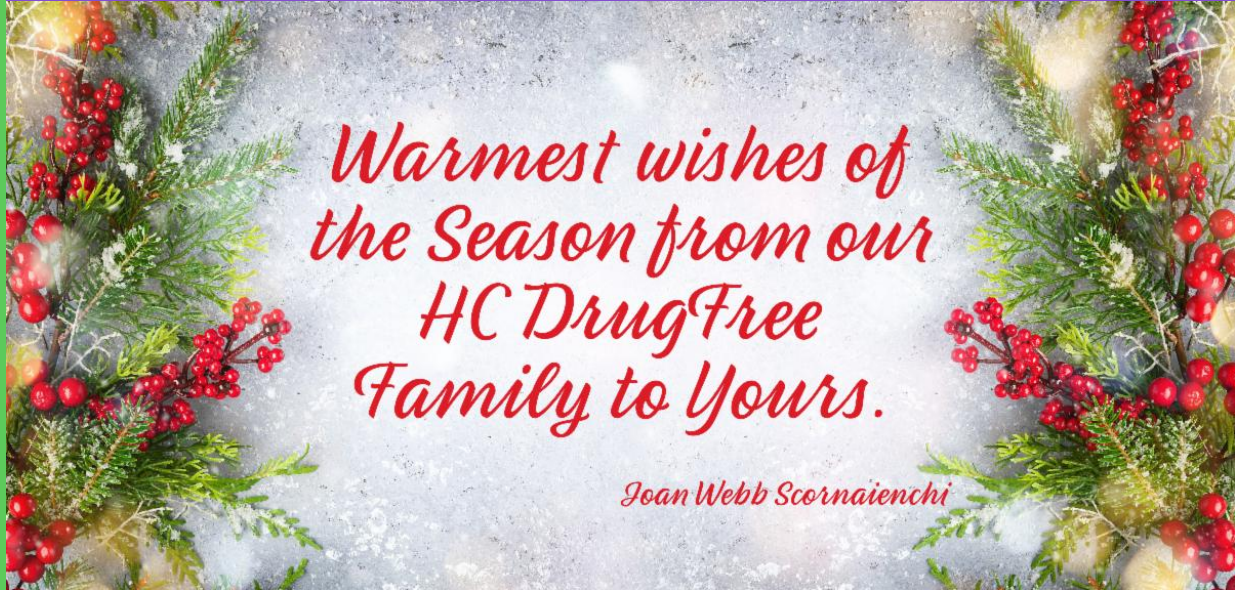


HC DrugFree: Keeping Howard County *in the KNOW!*
...knowledge is power, so just say KNOW



210 Lives Lost in Week between Christmas and New Years

The National Highway Safety Traffic Administration (NHTSA) reported that in 2019 during the week between Christmas and New Year's Day, 210 lives were lost due to alcohol-impaired driving crashes. That's 210 people in one week who didn't make it home because either they or someone with whom they came in contact chose to use alcohol and then get behind the wheel. That same year, more than [10,000 people died](#) from drunk driving crashes alone.

Ho Co Teens Learned: Safety Doesn't Happen by Accident



HC DrugFree's Teen Advisory Council (TAC) would like to thank the Howard County high school teens and their parents/guardians who joined us on

Monday, December 20 for a safe driving program.

This HC DrugFree presentation was held in partnership with the MD Department of Transportation Motor Vehicle Administration's (MDOT MVA) Highway Safety Office, the Howard County Police Department, the Howard County Department of Fire and Rescue Services, the Howard County State's Attorney's Office, and Students Against Destructive Decisions.

Parents: You kept your kids safe as toddlers, but their brains are still developing, and they are still learning. Now it will take all of us to help keep them safe on our roads.



Our kids are watching what adults do, so turn off the phone, observe speed limits and other laws, focus on the road, and of course, don't drink/drug and drive.

Free Parenting Classes in 2022

HC DrugFree will be offering additional free Parenting Classes in 2022. If you are already part of a group of parents regularly meeting and interested in hearing more about hosting our team to hold classes for your group, please let us know.

All Howard County parents/guardian/grandparents are welcome to join us for classes. Class dates and more information will be released in January, so if you have suggestions for class days/times, please let us know as soon as possible. Current classes are designed for children 9ish-14ish years old, but please let us know if you have other needs.

All Ho Co Teens Invited to Join TAC in 2022

HC DrugFree's **Teen Advisory Council** is open to all Howard County High School Students. Public School, Private School, and Homeschool students are encouraged to join! To access the 2021-22 school year registration form please [click here](#). Community service hours available to students, but only if a current TAC registration form is on file with HC DrugFree. Email your registration as well as a photo to admin@hcdrugfree.org or mail a hard copy our office.

Wishing You a Safe and Joyous Season

HAPPY
HOLIDAYS



Talk to Your Kids about Not Sharing Pills



The Drug Enforcement Administration (DEA) wants you to know that as our nation remains in the midst of an opioid crisis, another disturbing trend has emerged: the selling and the use of counterfeit medication. These pills, which are often sold online, look like legitimate prescription meds such as oxycodone or Adderall. In fact, people buy them believing that they are similar to the pills you would get from the doctor.

Many of these fake pills actually contain different ingredients and are laced with dangerous – and sometimes deadly – amounts of the synthetic opioid **fentanyl** or **methamphetamine**.

Quick Facts:

- According to DEA lab testing: 2 out of every 5 pills with fentanyl contain a potentially lethal dose.
- More than 9.5 million counterfeit pills were seized so far this year, which is more than the last two years combined.
- Fake prescription pills are easily accessible and often sold on social media and e-commerce platforms.

[Click here](#) to learn more about counterfeit pills.

Mental Health and Substance Use

Entering Adulthood: Getting Help for Mental and Substance Use Disorders

The big life changes that 18-to-25-year-olds experience when transitioning into adulthood come with a range of emotions. While it can sometimes feel like you're the only one going through ups and downs, **you're not alone.**



8.8 million

young adults reported having a mental illness



42%

of those with mental illness went untreated



5.1 million

young adults reported having a substance use disorder



87%

of those with substance use disorders went untreated

Common Signs



Trouble sleeping or oversleeping



Loss of interest in hobbies + friends



Feelings of anxiousness



Changes in overall energy levels



Changes in appetite + weight



Feelings of hopelessness



Difficulty in daily functioning



Extreme mood changes



Thoughts of suicide

It's okay to ask for help.

Visit [SAMHSA.gov/young-adults](https://www.samhsa.gov/young-adults) or call 1-800-662-HELP (4357) for treatment referral.

SAMHSA

Substance Abuse and Mental Health
Services Administration

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. 1-877-SAMHSA-7 (1-877-726-4727) • 1-800-487-4889 (TDD) • www.samhsa.gov

[Click here](#) for PDF of infographic above.

Get Friends Connected to HC DrugFree

Friends keep friends informed! This newsletter and social media remain the best ways for us to share vital information with you! Please Like & Share our content on social media or forward this newsletter to a friend to help us with our mission of keeping Howard County safe and informed. Invite a friend to [subscribe to our newsletter](#). You can also view previous newsletters in the [Newsletter Archive](#) on our website.

Make Your 2021 Donation Today!



[We need and appreciate your financial support.](#) Make your year-end donation today.



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