

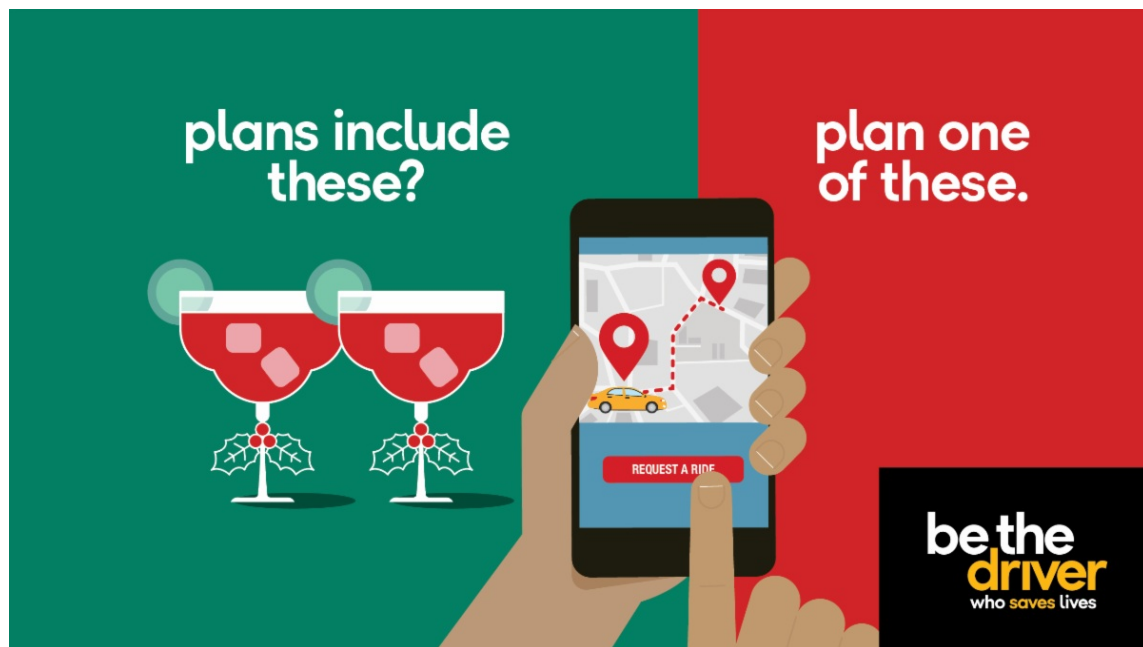
HC DrugFree: Keeping Howard County *in the KNOW!* ...knowledge is power, so just say KNOW

**To believe in the things you can see and touch is no belief at all,
but to believe in the unseen is a triumph and a blessing.**
- Abraham Lincoln

Save the Date!

- January 9: Virtual Town Hall
- February 6: Teen Advisory Council meeting
- February 7 - March 28: Life Skills Classes (Grades 6-9)
- March 6: Teen Advisory Council meeting

\$10 Lyft Ridesharing Holiday Credit



The Maryland Department of Transportation Motor Vehicle Administration's (MDOT MVA) Highway Safety Office has doubled the [Lyft rideshare credit](#) to \$10 to encourage more Marylanders to take advantage of the safe ride option this holiday season. A select number of rideshare credits will be available between 4 p.m. and 2 a.m. on the following dates:

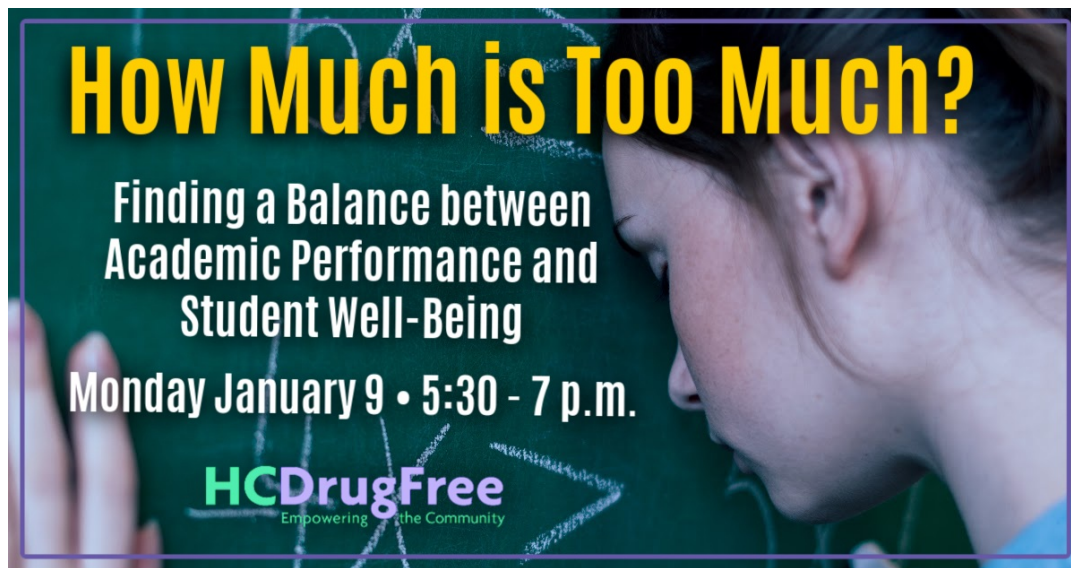
- Thursday, December 15 through Sunday, December 18 (CODE: **SAVEALIFE2022**)
- Thursday, December 22 through Sunday, December 25 (CODE: will be available on 12/21)

- Thursday, December 29 through Sunday, January 1 (CODE: will be available on 12/28)

To redeem the \$10 credit, open the Lyft app, choose “Payment” from the menu on the top left corner, and scroll to the “Add Lyft Pass” section. After inputting the code found above at ZeroDeathsMD.gov/Rideshare \$10 will be applied to the user’s account. Each rider is limited to one \$10 credit each weekend through the entirety of the campaign.

So far this month, 500 people have been arrested for driving under the influence, with at least one arrest occurring in each of MD’s 24 jurisdictions. Take advantage of the free rideshare credits to put toward a safe alternative to driving impaired. Each Marylander is eligible to receive one \$10 rideshare credit each weekend while supplies last.

Virtual Town Hall - Register Today!



Some stress can be motivating, but too much can be debilitating. [Learn more](#) about the virtual town hall, “**How Much is Too Much? Finding the Balance between Academic Performance and Student Well-Being**” on Monday, January 9 from 5:30 p.m. to 7 p.m.

Students in grades 8-12, parents, and other significant adults in students’ lives, register: <https://www.surveymonkey.com/r/TownHallRegJan2023>

Presented by HC DrugFree and the Howard County PTSA Collaborative Parent Education Group. Community service hours are available for members of the Teen Advisory Council (TAC).

Keep Your Loved Ones Safe

In the *KNOW*... **Naloxone**

**Reverse an overdose.
Save a life.**

www.hcdrugfree.org/naloxone



HCDrugFree
Empowering the Community

Naloxone is a life-saving medication designed to reverse or block opioid overdoses. Opioid overdoses are the leading cause of accidental death in the United States, involving both prescription and illicit opioid drugs. Learn more about how to keep yourself and your loved ones safe by keeping naloxone on hand: [Read more](#)

Medication Storage



**Keep medicine stored out of
reach and sight every time**

Approximately 60,000 children end up in the emergency room every year after getting into medication without adult supervision. To protect your kids, practice safe medication storage.

- Store your medication higher than children can see and reach or use a medication storage lockbox to secure medicines.
- Put medications away after each use, even if you'll need them again in a few hours.

- Use child safety caps and make sure they are securely fastened after use.
- Speak with your children, family members, and guests about medication safety.
- Program the poison control center number into your phone so you're prepared in case of an emergency - (800) 222-1222.

Having Fun Without Alcohol at Social Events?

The holidays are often times for family gatherings and parties, which may be stressful for those who have a difficult relationship with alcohol. Millie Gooch, the founder of the Sober Girl Society, has written a book to help encourage others to explore sobriety and enjoy social gatherings without including alcohol. In this interview she discusses the challenges of choosing sobriety in her 20s, and how to manage peer pressure.

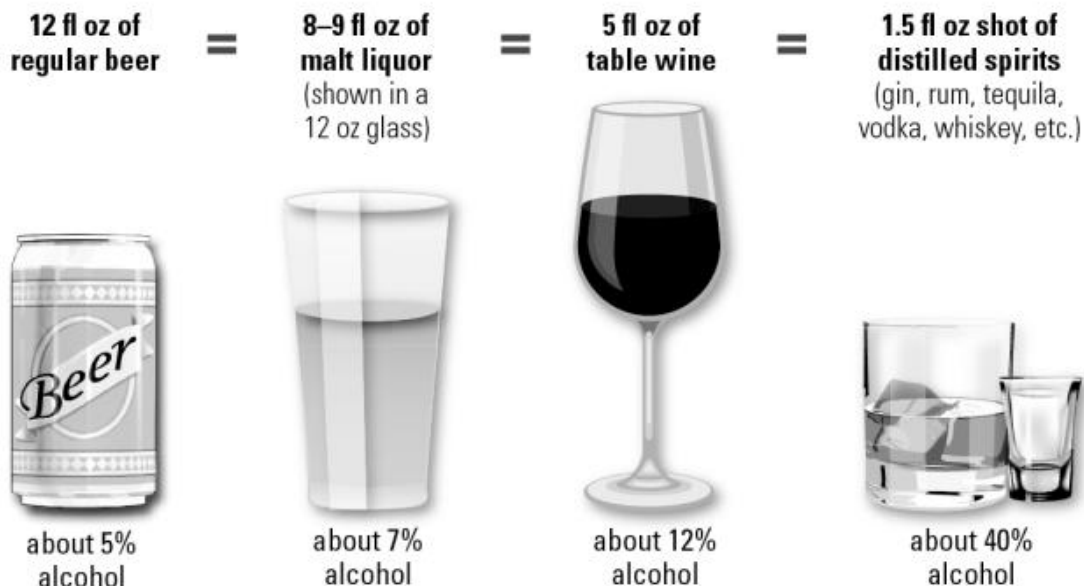
[Read more](#)



Understanding the Dangers of Alcohol Overdose

Holiday parties are often accompanied with drinking. Do you know how much you're actually consuming? Anyone who consumes too much alcohol too quickly may be in danger of an alcohol overdose. Be informed and drink responsibly this holiday season. [Read more](#)

What Is a Standard Drink?



Each beverage portrayed above represents one standard drink (or one alcoholic drink-equivalent), defined in the United States as any beverage containing 0.6 fl oz or 14 grams of pure alcohol. The percentage of pure alcohol, expressed here as alcohol by volume (alc/vol), varies within and across beverage types. Although the standard drink amounts are helpful for following health guidelines, they may not reflect customary serving sizes.

The Food and Drug Administration (FDA) has accepted Emergent BioSolutions application to grant priority review of Narcan, its overdose nasal spray as an over-the-counter (OTC) product.

Narcan is a drug administered nasally through an autoinjector to reverse the effects of a suspected opioid overdose. Currently, Narcan can be purchased at most pharmacies in all 50 states and territories as a “behind the counter” (BTC) drug, but not OTC. [Read more](#)

Deaths from Drugs and Alcohol Climb Among Seniors

Drug overdose death rates among Americans, age 65 and older, more than tripled between 2000 and 2020, and alcohol-induced death rates went up 18 percent between 2019 and 2020 alone. [Read more](#)

Register Now for the January TAC Meeting

All Howard County students in **grades 8 through 12** are invited to join us on Monday, **January 9** from 5:30 p.m. -7 p.m. via Zoom for our monthly Teen Advisory Council (TAC) meeting. Community service hours are available for participation, and TAC members receive information about other volunteer opportunities throughout the year.

To become a member of TAC or to learn more, please visit the [TAC page on our website](#).

End-of-Year Donations



'Tis the Season for end-of-year donations! HC DrugFree relies on donations from you! Your generosity helps us continue to offer the programs, resources, and events that help make Howard County a safer, wiser, and more connected community. Make a difference with your dollars: [Make your tax-deductible donation today!](#)

[Donate](#)



HC DrugFree is Hiring!

Looking for part-time work that has a positive impact on our community? Want a job you feel good about doing? As a small team, we can be creative in meeting staffing needs. As such, we have **immediate** openings for two positions.

Pay and hours for both positions will be determined based on experience and qualifications and are negotiable. Currently, positions are mostly remote but this is subject to change. Potential for advancement. HC DrugFree is grant funded. To apply for either or both positions, please upload a resume and cover letter at <https://www.surveymonkey.com/r/HCDFEmploymentApp>
[Download Printable Job Description](#) [Learn more](#)

See Something, Say Something



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.

Additional Resources



Thoughts of Suicide?

Mental Health Crisis?

Substance Use Crisis?

**Call or Text
988**

HCDrugFree
Empowering the Community

Reverse Opioid Overdose: [Click here](#) to contact the Howard County Health Department to receive free training and Narcan kit.

For more information, contact

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Follow and Like Us on Social Media

Join our social media community for more content and easy ways to share important and potentially life-saving information with your friends and network.

Remember: **Knowledge is Power** and together we can help keep our community informed, safe, and **IN THE KNOW!**

