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

Canceled due to Weather: Monday's TAC Meeting

HC DrugFree's Teen Advisory Council (TAC) follows the Howard County Public School System's weather policy. Schools will be closed on Monday, January 14, so TAC will not meet until Monday, February 11. All Howard County high school students are invited to join TAC and community service hours are available for all meetings/events. Registration forms can be found on our website at <http://www.hcdrugfree.org/teen-advisory-council-1>. Unless otherwise notified, all meetings will be held at The Barn/Teen Center in the Oakland Mills Village Center from 5:30 p.m. to 7:00 p.m. If you have any questions, please email Admin@hcdrugfree.org.

Make One More New Year's Resolution

Are you still committed to your 2019 New Year's resolution(s) or have you already given up and moved on? Before you move on too far, consider making one more resolution.

Resolve to help friends, colleagues and family as they face challenges with substance use or mental health disorders in 2019. If you're the one needing help, please reach out and get it. For a local Resource Directory, [Click here](#).

Build trusting relationships and reduce the stigma associated with both drug use and suicidal ideation, spend quality time with others, be more supportive by listening more (including listening to what's not being said), talk about feelings such as depression and anxiety rather than avoid uncomfortable conversations, and take all threats seriously. If you are worried about someone, reach out and get the answers you need to make more informed decisions.

Let's end 2019 with a healthier Howard County.

Losing too Many Americans to Suicide and Overdoses

The U.S. is in the longest period of declining life expectancy since an influenza pandemic and World War 1 caused close to a million deaths nearly 100 years ago.

In late 2018, the Centers for Disease Control and Prevention (CDC) released a report showing life expectancy in the U.S. declining largely due to the increase in death by suicide and overdose.

The ages of overdose deaths may surprise many of you. **Drug overdose deaths are**

highest in the 35-44, 25-34, and 45-54 categories.

Deaths by suicide increased to more than 47,000 in 2017.

[Click here](#) to read more.

Starting the New Year with More Overdoses in Howard County

According to the Howard County Police, as of January 7, 2019 overdoses are at:
1* Fatal and 6 Non-Fatal = 7

*In fatal cases, some deaths are pending autopsy results for opioids and/or other substances. Numbers may fluctuate. If you or someone you know in Howard County needs help with an opioid or other drug issue, call 800-422-0009, 24-hours a day, or walk into Grassroots for screening & referral assistance, 6700 Freetown Road, Columbia.

Naloxone (Narcan) is a life-saving medication that can be used to help restore breathing to someone who has overdosed on opioids, including heroin, prescription opioids, and fentanyl. For more information on how to administer and obtain naloxone, please contact the **Howard County Health Department** at 410-313-6202 or at orpresponse@howardcountymd.gov.

Looking for Student Filmmakers

Once again, HC DrugFree is proud to partner with the HoCo Student Film Festival.

This year, HC DrugFree is looking for teens to create short public service announcements (PSAs) focused on vaping or Juuling in Howard County. Be sure to visit our website at <http://www.hcdrugfree.org/hoco-filmfest>, visit hocofilmfest.com and contact our office at Admin@hcdrugfree.org to request our logo and ensure you have all the needed information.

The deadline to submit films is Friday, April 5. The festival will be held on Friday evening, April 26 at the Charles E. Miller Library in Ellicott City.

Registration Open: Howard County's 2019 Evidence-Based Parenting Classes

Howard County parents/guardians of 9 to 14 year olds are invited to join HC DrugFree and the Howard County State's Attorney's Office for our next *Guiding Good Choices* parenting 4-week program.

Participants will learn the skills to reduced the risk that their children will use drugs. 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; and teach children how to stay out of trouble, keep their friends and still have a good time.

Classes will be held on Tuesdays, **March 5, 12, 19 and 26**. Adults are expected to attend all 4 sessions. Unless otherwise notified, all meetings will be held at the Elkridge Branch of the Howard County Library from 5:30 p.m. to 8:00 p.m.

More information will be shared in future newsletters, but a flier and the registration link can be found on HC DrugFree's website at <http://www.hcdrugfree.org/events/>.
Registration is now open.

HC DrugFree Educational Materials Available in Multiple Languages



Howard County Police Department
Police Emergency.....911
Non-Emergency Line410-313-2200
Drug Activity Tip Line 410-290-DRUG
Anonymous Tip Line.....410-313-STOP

Three out of four people using heroin began with the use of prescription medication.
Get expired and unwanted medicines out of your home! For proper disposal locations, contact:

HCDrugFree
Empowering the Community

www.hcdrugfree.org
443-325-0040



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