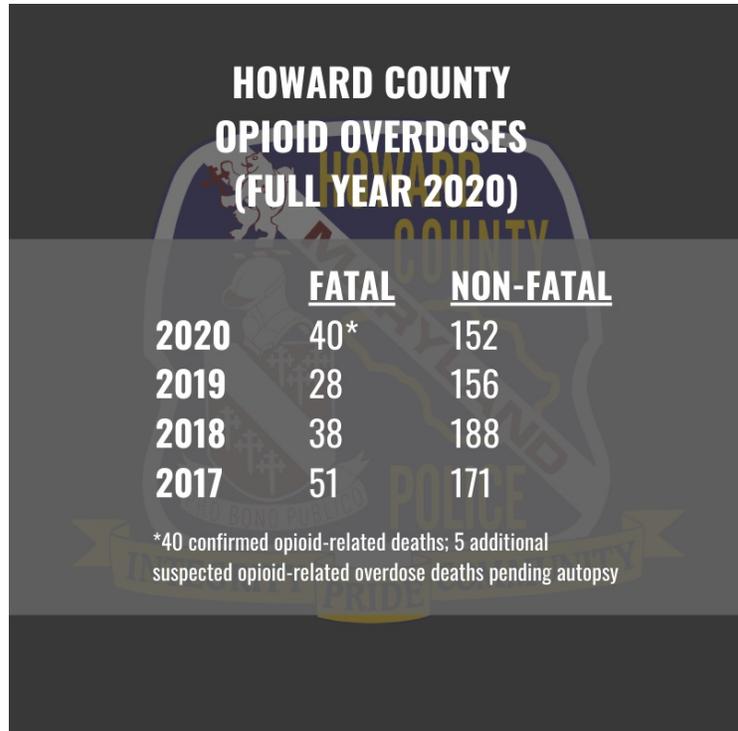


## HC DrugFree: Keeping Howard County *In The KNOW!* ...Knowledge is Power, so just say KNOW

### HCPD Releases 2020 Opioid Overdose Numbers

The Howard County Police Department has shared the overdose numbers for both fatal and non-fatal opioid overdoses occurring in 2020.

[View the HCPD Facebook post here.](#)



### Free, but Priceless! Life Skills Classes Return This Month!

**Back by popular demand!** HC DrugFree is providing another FUN and interactive skills-based program designed to promote positive health and personal development for Howard County youth.

Taught by adults and talented college and high school students. If your kids won't listen to you or they think you are "just" their parent, **your kids will listen to trusted older students sharing their experiences in our schools and community!**

The **evidence-based curriculum** is designed for students in grades 6-9 (or register your older/younger student and we will consider each request.) We encourage siblings and friends to take these classes together. The integrated approach helps youth learn to **avoid risky behaviors** and develop personal,



interpersonal, and drug resistance skills.

The series of 15 Zoom classes will begin on January 27 and run each Wednesday from 3:00 p.m. to 4:00 p.m. Students are encouraged to attend all 15 classes. [Learn More.](#)

[Register here](#)

Funding provided by the Howard County Health Department, the Maryland Department of Health and SAMHSA.

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## **Heart of the Matter, a Podcast Hosted by Elizabeth Vargas**

*Dignity, Respect and Addiction Recovery with Chef & TV Host, Andrew Zimmern*

In this episode of [Heart of the Matter with Elizabeth Vargas](#) TV personality, chef, writer, teacher and social justice advocate Andrew Zimmern discusses losing 15 years of his life to addiction, achieving nearly 30 years of recovery, and ultimately “writing his own syllabus for life.” While best known for traveling the world and exploring shocking cuisine as executive producer and host of the Travel Channel’s Bizarre Foods franchise, Andrew’s journey through addiction to recovery is just as compelling.

[Listen to: Dignity, respect and addiction recovery with Chef & TV Host, Andrew Zimmern](#)

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## **CDC Reports Record-breaking Surge in Overdose Deaths**

There were more than 81,000 drug overdose deaths between June 2019 and May 2020, [according to the latest provisional numbers](#) from the Centers for Disease Control and Prevention’s (CDC) National Center for Health Statistics (NCHS). [Read more.](#)

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## **Are You a Friend of HC DrugFree?**

As a nonprofit organization, HC DrugFree depends upon the generosity of individuals, organizations and businesses in the community to support the free education and prevention services that help keep our great community safe.

Please consider becoming a Friend of HC DrugFree by making a donation in any of the following amounts:

- \$10 student
- \$25 individual
- \$50 family
- \$50 nonprofit organizations
- \$100 business
- Sponsors starting as low as \$500.

[Please make your tax deductible gift to HC DrugFree today!](#)

[Donate](#)



## Reader Poll

What topic(s) interest you?

Medication Safety, Storage, and Disposal

Select

Opioid News & Information

Select

Drug/Alcohol Misuse

Select

Mental Health

Select

Parenting Advice and Information

Select

## Events

### Teen Advisory Council Meetings

Our next TAC Meeting will be held on **Monday, January 11 from 5:30 p.m. to 7:00 p.m.** [Click here to register for the Zoom meeting](#)

Also, hold Monday, February 8 and more registration information will be shared before that meeting. TAC is open to all Howard County High School Students. Public School, Private School, and Homeschool students are encouraged to join! To access the 2020-21 school year registration form please [click here](#). Email your registration as well as a photo to [admin@hcdrugfree.org](mailto:admin@hcdrugfree.org) or mail a hard copy to: **HC DrugFree**, 5305 Village Center Drive, Suite 206, Columbia, MD 21044

### FREE Online Life Skills Classes for Middle School Students

Start Date: **Wednesday, January 27 from 3:00 p.m. to 4:00 p.m.** [Click here to sign up for this FREE series!](#)

HC DrugFree is providing a highly interactive skills-based program designed to promote positive health and personal development for youth in grades 6-9. The integrated approach helps to develop personal, interpersonal, and drug resistance skills.

This middle school program uses developmentally appropriate, collaborative learning strategies to help students achieve competency in the skills that have been shown to help students resist substance use (vaping, alcohol and other drugs), violence, and other high-risk behaviors.

[Learn more about our popular Life Skills Class here](#)

[Register here](#)

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## Howard County Drug & Alcohol Family Forum

Please join HC DrugFree and our partners for this virtual family forum on Thursday, January 21 at 7:00 PM and hear from local organizations about available treatment options, prevention, and how to get support for your loved one and yourself. [Learn more & register here.](#)

## Parenting Corner

### Children, Teens and Coronavirus Pandemic Fatigue

Carisa Parrish, Ph.D., at Johns Hopkins Children's Center and co-director of Johns Hopkins' pediatric medical psychology program, provides insights into how parents and guardians can help children and teens wait out the remaining months of the pandemic and look forward to better times. [Read more here.](#)

## If You Need Help

### Depression, Suicidal Thoughts or Other Mental Health Resources:

- Grassroots Crisis Intervention: 410-531-6677
- The Maryland Crisis Hotline: Dial 211 and then choose option 1
- The Crisis Text Line: Text 741741 and a trained counselor will respond
- The National Suicide Prevention Hotline: 1-800-273-8255
- The Howard County Health Department: 410-313-6202

### Emotional Support Human (Sponsored by the Horizon Foundation):

When someone you care about is hurting, it's natural to want to help them. But, that person might not always tell you something is wrong—and you might be unsure about how to reach out. [Learn how to be an Emotional Support Human here.](#)

### Gambling with Your Future:

Call, text or chat 1-800-GAMBLER for free confidential, compassionate help with gambling problems.

### Medication Disposal:

To safely store and dispose of prescription and over-the-counter medication and sharps (needles, syringes and EpiPens), [please visit our website](#) for more information.

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For more information, contact

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[Donate](#)

