

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

**“We cannot live only for ourselves.
A thousand fibers connect us with our fellow men.”**

Herman Melville

HoCo Parents and Grandparents Have Spoken!



We just finished another series of FREE Guiding Good Choices® parenting classes, and **HoCo parents and grandparents want you to know why you should enroll too:**

"This is an incredible resource for our county residents that every parent should take advantage of. We all have room to grow and improve, and our children deserve our best effort."

"I have been a parent for nearly 40 years and a grandparent for eight. No one is too old to learn new and better ways of dealing with family interactions. I love the idea of introducing these skills at an early age and will definitely introduce them to my grandchildren whenever they're with me. I think teaching them refusal skills especially is critical, especially these days when they're going to be exposed to so many negative and dangerous behaviors."

"These classes were useful. The social development strategy is simple and effective and it gave me many ideas to incorporate into my parenting. Thank you!"

"Great training to practice what to say to my kids and to role play it. It was great to hear what other parents are going through, so you get some ideas and feel more connected to your community. Not feeling alone in the challenges of parenthood! Thank you for these wonderful skills."

"I had a talk with my 13 yr old and let me know how I get frustrated when he

just wakes up on weekends to play games. I work 15 hours a day Monday through Friday and I'm so tired weekends. So if he could assist me. He now does his laundry and vacuums. We are both happy on weekends and my screaming and yelling is no more. I'm grateful for the class."

"I did the class to help my son so he will know how to avoid drugs should the temptation comes his way. I rather got my self educated in my parenting skill. I was always tired and frustrated and my son was always moody. Things are much better now."

Registration is open for classes starting in March 2024. Don't miss your chance to experience this valuable FREE parenting resource. [Learn More & Register](#)

HC DrugFree Executive Director Completed Training



Baltimore, MD - The Standards for Excellence Institute®, an initiative dedicated to promoting the highest standards of nonprofit ethics and accountability, announced its 2023 Class of Licensed Consultants.

Twenty-six highly experienced nonprofit professionals, including HC DrugFree's Executive Director Joan Webb Scornaienchi, completed the intensive, three-day training and are now equipped to provide organizational assessments and expert assistance to nonprofits nationwide. The members of the class represent organizations from states across the country, including Delaware, Georgia, Idaho, Indiana, Kentucky, Maryland, Nevada, Oklahoma, South Carolina, and Tennessee.

Standards for Excellence Licensed Consultants use their extensive knowledge of the Standards for Excellence to help nonprofits strengthen their governance practices and build capacity, accountability, and sustainability in their organizations. Licensed Consultants provide nonprofits with organizational assessments, consulting, and training, and help them earn national Standards for Excellence accreditation.

Mental Health and the Holidays

In the 2003 holiday movie classic, Elf, the main character, Buddy, shares a particular fondness for the holiday season, "The best way to spread Christmas cheer is singing loud for all to hear!" No matter what traditions you celebrate this winter, not everyone shares Buddy's enthusiasm for this season.

While the holidays can be a time of celebration and joy for many, it also can be a period of stress, sadness, and loneliness for others—and sometimes can be particularly difficult for people living with mental health and substance use conditions.



As we navigate the holiday season, it is important to remember that it is very common to feel added stress — and this stress can worsen symptoms of a mental health condition, such as depression or anxiety, or a substance use disorder. However, there are ways to help address the stress or condition and improve your mental health. [Learn More](#)

YOUR Gift Makes a Difference!



'Tis the Season for end-of-year donations! As most of you are aware, HC DrugFree is grant, contract, and donation funded. With just two changes to grants this fiscal year, our budget was reduced significantly, which means that your tax-deductible donation means more than ever before!

Your generosity helps us continue to offer FREE teen and adult programs, resources, and events that help make Howard County a safer, wiser, and more connected community.

Adding your name to our Friends or Sponsors lists would help show our funders that the community values our services.

Please consider becoming a **Friend or Sponsor 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.

Your support shows our funders that the community values our services.

[Donate Now](#)

Or mail your tax-deductible donation to HC DrugFree's office:

5305 Village Center Drive, Suite 206
Wilde Lake Village Center

Legalized Marijuana Spells Trouble for Oregon Middle School

A recent study found that Oregon middle school students received office discipline referrals (ODRs) for substance use offenses 30% more often after legalization of recreational marijuana relative to comparison schools in other states over the same period. [Read More](#)

HoCo Kids Can Avoid Risky Behaviors While Keeping Friends



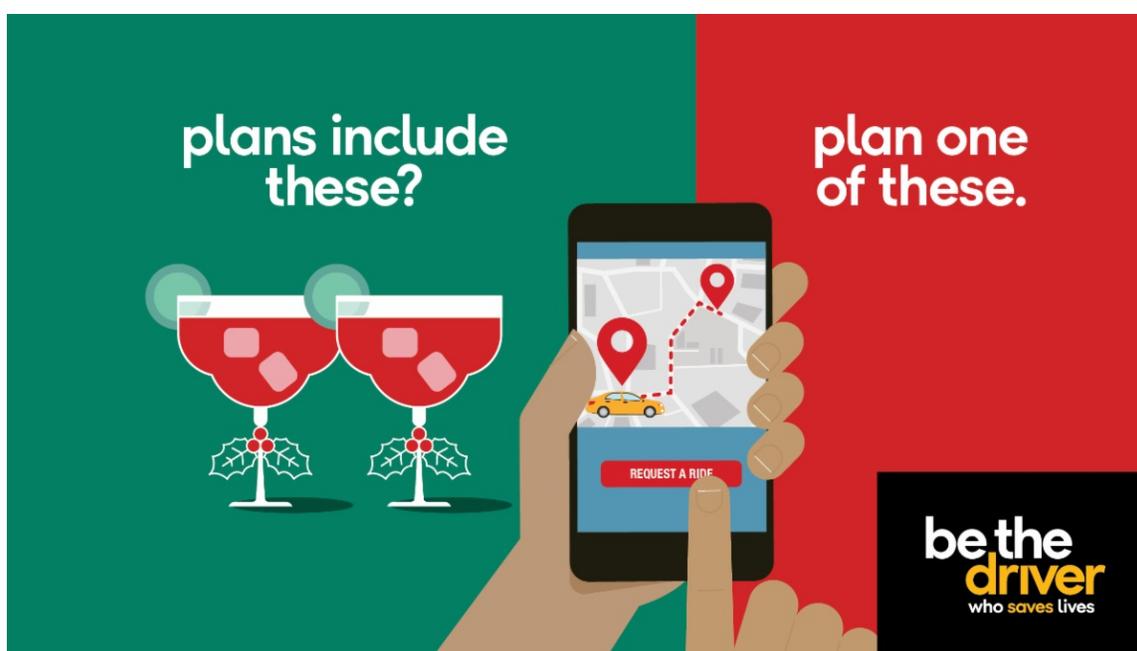
Want your kids to avoid risky behaviors while learning how to keep their friends - and maybe become the leader of the group to guide their friends and siblings away from danger too? Register your kids for **FREE** Life Skills classes.

High school and college students will serve as role models, assist at each class, and teach the evidence-based curriculum as HC DrugFree staff oversees all classes.

Register your middle school student so they can learn from the older students. Register your high school student to join our team so they too can learn all the skills, earn Community Service Hours, and build their resumes.

Registration is open for our popular online Life Skills Classes. Classes will be held on **January 16, 23, 30, February 6, 13, 20, 27, and March 5** on Zoom from **5 p.m. - 6:30 p.m.** [Learn More](#)

Make a Plan This Holiday Season



Make a plan for a rideshare or sober ride home before your holiday festivities commence. Say NO to Impaired Driving. Be the driver who saves lives.

For the third holiday season, the Motor Vehicle Administration's Highway Safety Office is pleased to receive a \$20,000 grant from the Governors Highway Safety Association. In partnership with the association as well as Lyft and Responsibility.org, the grant will offer **\$20 rideshare credits** and encourage Marylanders to Be the Make A Plan Driver by choosing an alternative to driving impaired from alcohol or drugs. [Learn More](#)

Talk to Your Doc Before Taking Prescription Opioids

In the *KNOW*...

OPIOIDS

What to ask your doctor before taking opioids:

- Why do I need this medication?
- How long should I take this medication?
- Are there non-opioid alternatives?
- How can I reduce the risk of potential side effects?
- What if I have a history of addiction?
- What if there is a history of addiction in my family?
- Could this treatment interact with my other medication?
- How should I store my opioid medication?
- What should I do with unused opioid medicine?
- Should I carry Naloxone?



HCDrugFree
Empowering the Community
www.hcdrugfree.com

Are you *IN THE KNOW* about opioids? Here are some questions to ask your doctor before taking them! [Learn More](#)

Looking for HoCo College Students

We are looking for responsible college students raised in Howard County and available to serve as role models to our middle and high school students as well as teach our online evidence-based Life Skills classes.

Previously, Howard County high school graduates joined us online from their universities in Ohio, West Virginia, Delaware, College Park, Howard County, and more!



Do you know a college student considering a career in public health, medicine, education, drug & alcohol prevention, or who is interested in learning more about the inner workings of nonprofit organizations? How about a college student who is a positive role model and enjoys working with younger students?

We offer a variety of opportunities to gain experience with the flexibility of joining us virtually from anywhere. Our experiences will also be great additions to resumes, applications, and future job interviews.

We are looking for college students to teach and/or assist with our Life Skills classes for middle school students on **January 16, 23, 30, February 6, 13, 20, 27, and March 5 from 4:30 p.m. - 6:30 p.m.** Apply now even if you can't attend every class, so we can answer your questions!

[Apply Here](#)

Teens: Get Involved and Earn Community Service Hours

High School Students: Be a Role Model and Earn Community Service Hours

Seeking **high school students** to assist our team of college student instructors and adult facilitators teaching our Life Skills Classes to middle school and high school students. Along with the younger students, high school volunteers assisting our team and serving as positive role models will learn a variety of practical skills by attending the classes. In addition, they may earn Community Service Hours and acquire valuable experience for future college and employment applications. Life Skills classes will be held on **January 16, 23, 30, February 6, 13, 20, 27, and March 5 from 4:30 p.m. - 6:30 p.m. on Zoom.** Apply now even if you can't attend every class, so we can answer more of your questions.

[High School Volunteers Apply Here](#)

Next Teen Advisory Council Meeting: January 8

HC DrugFree invites **all Howard County students in grades 8-12** to attend our monthly meetings and serve as student ambassadors in their schools and in the community.

Why join TAC?

- Earn Community Service Hours
- Gain experience for job & college applications
- Volunteer opportunities year round
- Be a leader and role model in Howard County!

Join our teens at the next TAC meeting on **Monday, January 8** from 5:30 to 7 p.m. on Zoom. Register early to get the meeting link. [Learn More & Register](#)

[Learn More](#)

[Register Now](#)

You Are Not Alone



You're not alone. Help is available.

[samhsa.gov/find-help](https://www.samhsa.gov/find-help)

988 Suicide & Crisis Lifeline

988 or [988Lifeline.org](https://www.988lifeline.org)

- Español (opreme 2)
- LGBTQI+ Youth (press 3)

Veterans Crisis Line

Dial 988 (press 1)

[FindSupport.gov](https://www.findsupport.gov)

SAMHSA's
National Helpline
1-800-662-HELP (4357)

Disaster Distress
Helpline

1-800-985-5990

[FindTreatment.gov](https://www.findtreatment.gov)



You are not alone.

[samhsa.gov/find-help](https://www.samhsa.gov/find-help)

For more information, contact

Joan Webb Scornaienchi

Executive Director

HC DrugFree

5305 Village Center Drive, Suite 206

Wilde Lake Village Center

Columbia, MD 21044

Admin@hcdrugfree.org
www.hcdrugfree.org



HC DrugFree | Wilde Lake Village Center, 5305 Village Center Drive, Suite 206, Columbia, MD
21044

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