

HC DrugFree

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

Dates to Remember

November 11: [Teen Advisory Council Meeting](#)

November 11: Veteran's Day

November 12, 15, 19, 22 and December 3: [Free!!! Classes for Parents, Guardians & Grandparents](#)

November 21: [Great American Smokeout](#)

November 28: Thanksgiving Day

We Are Grateful for Our HoCo Team!

Enjoy Our Latest Slideshow!

Enjoy the slideshow from our Saturday, October 26 Medication and Sharps Collection. Thank you for volunteering your time and talents and supporting the work of HC DrugFree.



To play the slideshow, click on the picture or [here](#).

FREE Classes for Parents, Guardians and Grandparents

Our next FREE series of classes for Howard County parents, guardians and grandparents will be held on November 12, 15, 19, 22 and December 3 from noon to 1:30 on Zoom.

Guiding Good Choices® curriculum helps adults learn to help their teens and pre-teens avoid risky behaviors, all while learning how to say NO to drugs and alcohol.

Download the [flier](#) or visit our [website](#) for more information and to register.



Fetal Alcohol Spectrum Disorders (FASD)

Did you know that approximately one out of every 20 school-aged children in the United States may have Fetal Alcohol Spectrum Disorder (FASD)?

FASD refers to a range of disorders caused by alcohol exposure during pregnancy that entail physical, cognitive, or behavioral issues in the affected individuals.

Read the full article from the Substance Abuse and



Vaping is NOT Safer Than Smoking



I Loved Vaping — Until My Lungs Collapsed and Black Goo Poured Out of Me. Do you think vaping is safer than smoking? You won't after reading this [New York Post article](#) with an update from the Drug Enforcement Administration.

November is National Runaway Prevention Month



National Runaway Prevention Month (NRPM), observed every November, focuses on preventing at-risk youth from running away by bringing awareness to predisposing factors such as family conflict, abuse, mental health struggles, and substance abuse, as well as providing resources to runaway youth experiencing homelessness. Substance use is often both a cause and a consequence of youth homelessness, making it critical to address these issues together. By providing education, resources, and support through these campaigns like NRPM, communities can work to reduce the number of runaway youth and offer them pathways to safer, healthier lives. For more information, visit 1800RUNAWAY.org.

Teen Meeting: Monday, November 11



HC DrugFree's invites **all Howard County students in grades 8-12** to attend our Monday, November 11 Teen Advisory Council (TAC) Meeting from 5:30 to 7:00 p.m. on Zoom. [Register to Receive the November Meeting Link](#)

[Learn More about TAC and Register](#)

Part-Time Help and Volunteers!

HC DrugFree is looking to hire self-motivated Howard County professionals with a heart for people of all ages in our great community. All candidates must pass a background check and possess strong organizational skills, writing skills, and computer skills.

Often, we need volunteers to attend community fairs/events to distribute fliers to advertise our upcoming events. You don't need knowledge about drugs or alcohol or any special skills. Just transportation and a willingness to serve our community. If you want your name to be added to our volunteer list, please use the link below to sign up as a year-round volunteer.

[Learn More & Apply](#)

What Do You Think?

Please take our 2-second survey to let us know what you think of the content provided in this newsletter!

[Take Our Survey](#)

If You Like Our Work, Please Donate Today

Please become a [Friend or Sponsor of HC DrugFree](#) so we can continue providing FREE programs and resources to the Howard County community. We appreciate your financial support.

[Donate Now](#)

Or mail your **donation** to HC DrugFree's office:

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