

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

Just because you had some bad chapters in your life  
doesn't mean the story can't end well.  
Turn the page and never look back.

- author unknown

### Save the Date: Upcoming Events

- **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](#)

### Life Skills for HoCo Students

HC DrugFree is providing another series of *FUN* and interactive skills-based classes designed to promote positive health and personal development for students entering **grades 6 to 9**. We encourage siblings and friends to take these classes together, so if you have slightly younger or older students, please let us know and we will consider them as well. Classes will be held Tuesdays, February 7 - March 28 from via Zoom. If you would like to register your child, please complete [this form](#).



For more information, visit our [website](#). Funding provided by the Howard County Health Department, MD Department of Health, and SAMHSA.

### HoCo Midterm Exams are Coming: Register Today

# How Much is Too Much?

Finding a Balance between  
Academic Performance and  
Student Well-Being

Monday January 9 • 5:30 - 7 p.m.

**HCDrugFree**  
Empowering the Community

Midterm exams are coming, so register today!!! Teens and their parents/guardians can learn how to better handle the stress. Some stress can be motivating, but too much can be debilitating. Join HC DrugFree's Teen Advisory Council and their parents for a 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. Registration required for teens, parents/guardians, grandparents, and others. [Learn more](#)

## Setting Better New Year's Resolutions: Tips from a Psychiatrist

It's easy to reflect negatively on failed and forgotten New Year's resolutions from previous years, but reflecting on your failures and your successes, even if they were incidental, may help you make more attainable and worthwhile resolutions in the years to come. [Read more](#)



## Author Neil Pasricha on Finding Joy Even if You're Struggling

Best-selling author, Neil Pasricha, shares small practices that can spark joy in the midst of dark seasons. [Read more](#)

## Tyler Perry on the Loss of Stephen 'tWitch' Boss

Tyler Perry shares his own experience with suicidal ideation and attempts to die by suicide as he mourns the loss of Stephen 'tWitch' Boss. [Read more](#)

## Dry January: The Benefits of a Month without Alcohol

In 2013, Dry January began as a public health campaign in the UK. Since then it has grown into a

phenomenon that is observed worldwide. Why has abstaining from alcohol for a month gained such popularity? The allure of health benefits seems to be the initial motivation, but the clarity about how and why one drinks is what leaves a lasting impression. [Read more](#)



## Young Adults Prioritizing Mental Health in the New Year



While many are still planning New Year's resolutions around fitness and weight loss, young adults are shifting their focus to improving their mental health. This suggests a cultural shift in personal values and how wellness is measured. [Read more](#)

## Scientists Create a Potential Vaccine against Fentanyl

Researchers are in the process of developing a vaccine that could reduce fentanyl overdoses. This vaccine, while still in the preliminary stages, prevents fentanyl from reaching the brain, and could assist in addiction recovery as well as overdose prevention. [Read more](#)

## Heroin

In 2020 over 19% of all opioid overdose deaths involved heroin use. Heroin is an illegal opioid that is commonly used alongside other substances such as alcohol and other drugs. It is typically injected, leaving the user susceptible to infections such as HIV, Hepatitis C, and Hepatitis B. [Learn more](#)

## Store Your Medications Up and Away from Little Hands

Medicine is meant to help us feel better, but children are curious and may accidentally ingest medications that can make them very sick. To keep kids safe, parents and caregivers must practice safe medicine storage. Store medicine and vitamins in a place that children can't see or reach. [Learn more](#)

## Starting December 29: New Code for Free Rideshare Credits



The Maryland Department of Transportation Motor Vehicle Administration's (MDOT MVA) Highway Safety Office is offering a \$10 [Lyft rideshare credit](#) each weekend to encourage more Marylanders to make safe transportation decisions during this holiday season. The next code will be available beginning on December 29. To learn more and claim your code visit [ZeroDeathsMD.gov/Rideshare](http://ZeroDeathsMD.gov/Rideshare)

## You Are Not Alone

Let's spread hope! The 988 Lifeline helps thousands of people overcome suicidal crisis or mental-health distress every day.

Call or text 988 or chat at [988lifeline.org](http://988lifeline.org) if you or someone you know needs support.

**If you're in crisis and need support, please call or text 988.**



## End of Year Donations Make a Difference

Don't miss your last chance to make a tax deductible end-of-year donation!

HC DrugFree relies on donations from people like you to help 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



## 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!**



## Additional Resources

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

**Grassroots Crisis Center:** 24/7 Crisis Hotline 410-531-6677 (local) or 9-8-8  
Mental Health Walk-in Services: 24/7. Substance Use Walk-in Services: 11:00 a.m. - 7:00 p.m. 7 Days/Week

**Free Resources for Parents Following a Suicide Attempt:** What to expect during recovery, safety planning, warning signs and risk factors. [Click here](#) to download resources document.

**Free Bilingual Behavioral Health Resource Directory:** [Click here](#) to download the directory. Please verify that the provider accepts your insurance or provides sliding scale fees before scheduling.

For more information, contact

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