

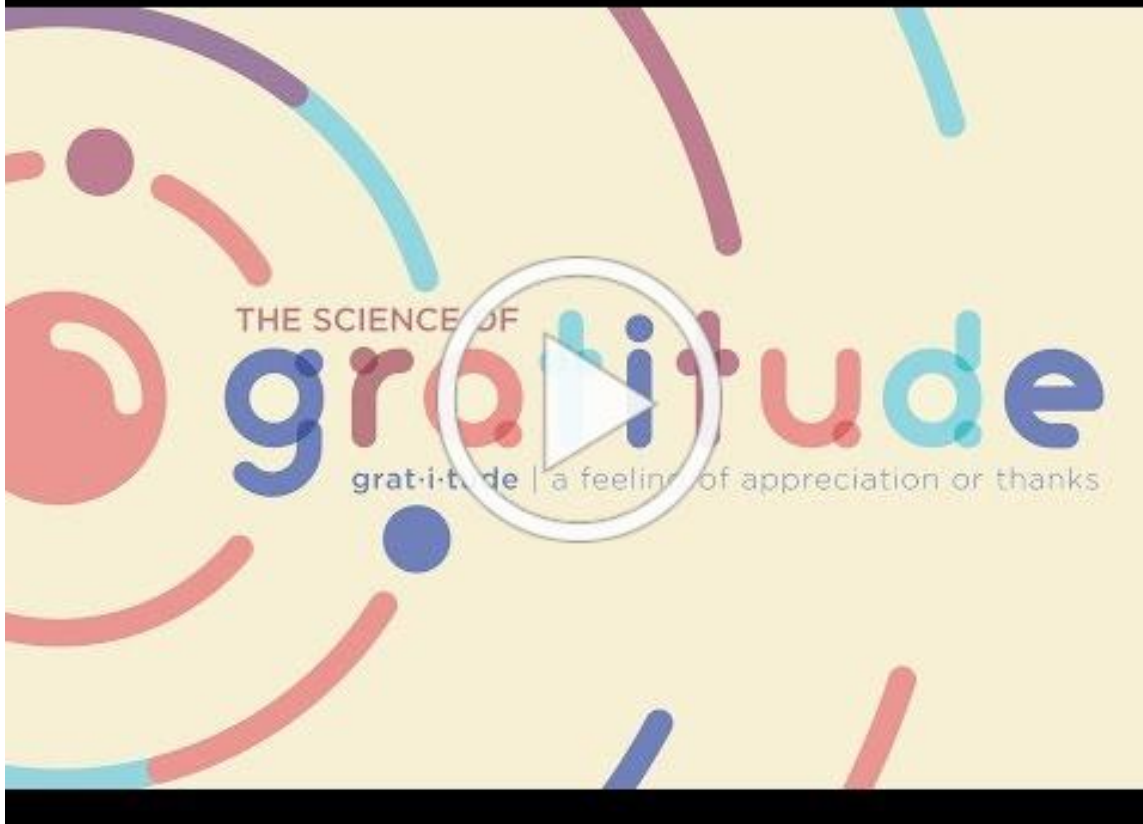
HC DrugFree: Keeping Howard County *in the KNOW!*
...knowledge is power, so just say KNOW



The greatness of a community is most accurately measured by the compassionate actions of its members.

Coretta Scott King

How Gratitude Can Improve Your Overall Well-Being



[Watch Video](#)

Research shows that an “attitude of gratitude” can measurably improve your overall well-being. Watch this video to learn more!

The Science of Well-Being Free Course

Dr. Laurie Santos, a professor at Yale, is teaching free courses designed to increase happiness and build more productive habits. Throughout this class, Dr. Santos reveals misconceptions about happiness, annoying features of the mind that lead us to think the way we do, and the research that can help us change. Participants will ultimately be prepared to successfully incorporate a specific wellness activity into their lives. One course focuses on adults and another one is specifically for teens.

[The Science of Well-Being](#)

[The Science of Well-Being for Teens](#)

We're Giving Thanks for YOU, Howard County!

*We're thankful for you,
Howard County!*

HCDrugFree
Empowering the Community

During this season of thankfulness, we are counting our blessings for our amazing community: YOU, Howard County!

Our HC DrugFree "family" wishes you and your family a very safe and happy Thanksgiving.

If you are starting your Giving Tuesday or end of year donations early, please consider donating to HC DrugFree this year. Your generous contribution supports our mission of building a safer, healthier HoCo for all.

[Donate Now](#)



Thanksgiving Safety

THIS THANKSGIVING PLAN A SOBER RIDE



Don't get basted this Thanksgiving. Historically, Thanksgiving is not only one of the busiest travel days of the year but one of the most dangerous due to driving under the influence.

What does "under the influence" mean?

If you have ingested alcohol, medication, drugs, or any other substances that alters your state of mind, you are considered "under the influence" of that substance. If you feel different, you'll drive differently.

If you choose to drink or use any other substance this Thanksgiving, please call a sober friend, taxi, or rideshare to get you home safely.

College Students: Build Your Resume Online

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 more of your questions!

[Apply Here](#)

Teens: Get Involved and Earn Community Service Hours

Next Teen Advisory Council Meeting December 4

HC DrugFree invites **all Howard County students in grades 8-12** to join our Teen Advisory Council (TAC.) Members of TAC meet monthly 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, December 4** from 5:30 to 7 p.m. on Zoom. Register early to get the meeting link. [Learn More & Register](#)

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](#)

HC DrugFree's Take Back Event Slideshow



[Watch Video](#)

In case you missed it, please enjoy HC DrugFree's commemorative slideshow of our October 28 drive-thru medication and sharps collection. Thank you to the community, our partners, and our dedicated and caring team. Together, we collected 1,223.5 lbs. (43 white bins) of medication in four hours. The additional 24 red bins of sharps were not included in the weight. HC DrugFree, the Howard County Police Department, and the Drug Enforcement Administration (DEA) have been partnering on these semi-annual events since 2012.

Newsletter Survey

Please take our 2 second survey to let us know how satisfied you are with this newsletter!

[Take Survey](#)

For more information, contact

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