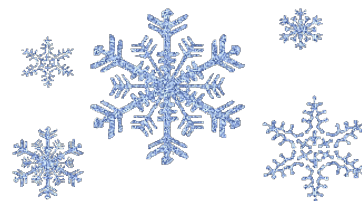


# HC DrugFree

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



December:  
The month we decide what we're taking  
with us into the new year,  
and the month we decide what we no  
longer wish to carry.



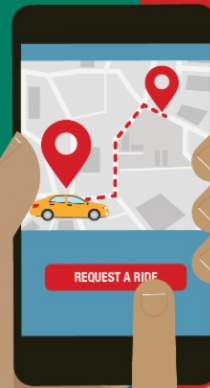
-Anonymous

**\$20 Lyft Credit: Available Now and on New Year's Eve!**

plans include  
these?



plan one  
of these.



be the  
driver  
who saves lives

Instead of driving impaired during this season of celebrations, claim a **FREE \$20 Lyft Credit** on behalf of the MD Department of Transportation Motor Vehicle Administration's (MDOT MVA) Highway Safety Office.

You can "Add a Lyft Pass" with the code **MAKEAPLAN2024** on the Lyft app, good for 24 hours once claimed. [Learn more](#)

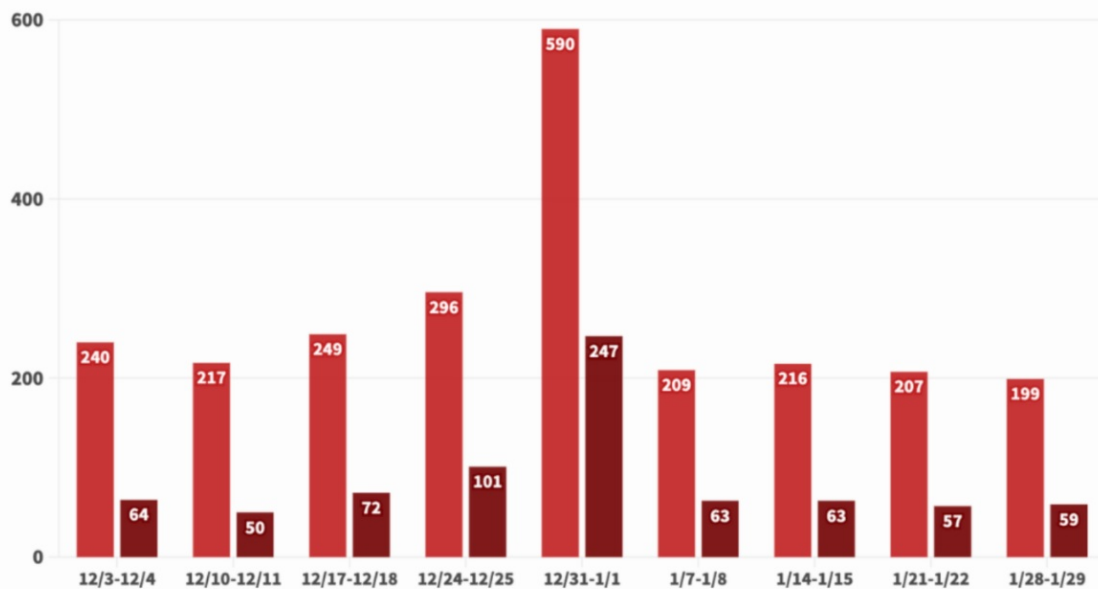


New Year's Eve Celebrations Increase Fatal Crashes

## Overnight fatal crashes on selected dates, December 2013–January 2021

Crashes spike considerably on the night of New Year's Eve.

■ All fatal crashes ■ Alcohol involved



"Overnight" crashes = 8 p.m. on the first night of a range to 6 a.m. the following morning.

Source: National Highway Traffic Safety Administration

December is Impaired Driving Prevention Month and did you know that on New Year's Eve, overnight fatal car crashes increase by 136%, more than 40% of which involve alcohol? That's 3 times the national average throughout the year.

This New Year's Eve, keep yourself and your loved ones safe by celebrating responsibly, planning your ride ahead of time, and choosing to drive sober. 2025 is waiting for you. [Learn more](#)

Welcome, 2025



Ring in the New Year with attainable healthy habits and new goals. A New Year's resolution can be motivating for starting change, but it rarely sticks, which is why the second Friday of January is called Quitter's Day. This year, strive to set resolutions appropriately and make behavioral changes that can

last a lifetime.

Tips for creating and following through with New Year's resolutions:

- Pick a goal that you're motivated to reach. Motivation is what gets you started, and discipline is what will keep you going.
- Break your larger goal into smaller measurable goals. Use the acronym SMART (specific, measurable, achievable, relevant, and timely) when setting your resolutions.
- Lean on social support, but be careful of comparison. You are on your own journey, which may look different than others!
- Aim for progress, not perfection.
- You don't have to only make resolutions at New Year's. Any day is a good day to make a healthy behavior change.

[Read SAMHSA's article](#)

## We Have Hired...and Yes, We're Hiring More!

Our new multi-year funding begins **January 1st**, so HC DrugFree is looking for self-motivated Howard County professionals interested in serving our community.

All candidates must have flexible schedules, pass a background check, and possess strong computer, organizational, and writing skills.

[Learn More & Apply](#)

## Teen Meeting: Monday, January 13



HC DrugFree invites **all Howard County students in grades 8-12** to attend our Monday, January 13 Teen Advisory Council (TAC) Meeting from 5:30 to 7:00 p.m. on Zoom.

[Students: Register to receive the January meeting Zoom link](#)

Members of TAC 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

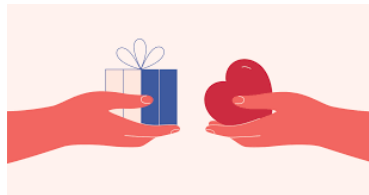
[Learn more and register](#)

**We Need Your Support!**  
**Please Make Your Tax-Deductible Donation**



Your support allows us to continue to provide our resources and programs to the community.

**"It isn't the size of the gift that matters, but the size of the heart that gives."**



To make your tax-deductible donation, **donate online** at [hcdrugfree.org/donate](http://hcdrugfree.org/donate) or **mail a check** to:

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

**Please Donate Today!**

## Resources

### The 988 Suicide & Crisis Lifeline:

Marylanders who are experiencing a mental health or substance use crisis should call or text 988. Learn more at [988.maryland.gov](https://988.maryland.gov). Maryland veterans and their loved ones can call 988 and press 1 to transfer to the Veterans Crisis Line. Press 2 for Spanish. Press 3 for LGBTQIA+ support.



### DEA's Drugs of Abuse Resource Guide:

Education plays a critical role in preventing substance use and misuse. The 2024 DEA Resource Guide is designed to be a reliable resource on the most commonly used and misused drugs in the US and provides important information about the harms and consequences of drug use by describing a drug's effects on the body and mind, overdose potential, origin, legal status, and other key facts. [Learn more](#)



### Free Support Meetings:

Looking for a list of Alcoholics Anonymous meetings in the Howard County area? [Learn more](#)

## [Additional Resources](#)

## 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](#)

For more information, contact

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