# HCDrugFree
### Empowering the Community

## CDC Guidelines on Winter Holiday Travel and Celebrations

The CDC has released their recommendations on how to keep yourself and others safe while celebrating winter holidays. Along with travel advisories and gathering suggestions, they have provided a helpful list of creative ways to celebrate the season safely.

**Download Everyone Can Make Winter Holidays Safer**

**Download Consider Other Winter Holiday Activities**

## Pain Doesn't Take a Holiday: Dental Opioids Study Points to Need for Better Prescribing

Though non-opioid painkillers can be just as effective, patients having dental procedures just before weekends and holidays are more likely to fill prescriptions for opioids. **Learn more.**

## New Oregon Drug Policy Makes Waves In Recovery Communities

By following public health models rolled out in Portugal, Switzerland, and the Netherlands, Oregon is spearheading a new attempt to improve the ongoing opioid epidemic. **Learn more.**

## It's Time for Forgiveness to Go Viral

People with a greater propensity to forgive tend to have better health. Like any human trait, forgiveness varies across populations, but researchers are able to assess an individual's basic disposition towards forgiveness and then correlate this with a range of outcomes. In one study, people who were more likely to forgive were less likely to engage in excessive drinking and smoking. Likewise, the disposition toward forgiveness has been associated with reductions in anxiety, depression and other psychiatric disorders. Even more surprising, individuals who forgive have a healthier cardiovascular response to stress. **Read the full article.**

## States With the Highest Rates of Depression

Rates of depression vary considerably from one state to the next. Here, Stacker examines the prevalence of depression in every state in America and then breaks down those findings by key demographics like sex, race, and income. **Learn more.**

## Vaping: What You Should Know

According to recent studies, the number of teens vaping (using of electronic cigarettes) has shot up dramatically since 2017. And it's probably more dangerous than you think. **Here are a few quick questions and answers about vaping.**

## 6 Ways to Get a Safe and Sober Ride Home

When you plan a night out drinking, make sure you also plan a safe ride home afterward. The best thing you can do if you are going out for drinks is to leave your car at home. If you're already out and realize you can't safely drive, leave your car where it is and come back to get it the next day. There are plenty of ways to get a safe and sober ride home. **Here are 6 of our favorites.**

not a very merry mix

be the driver who saves lives

## Newsletter Survey

Please answer this one question survey to help us know how we can serve you better!

Is the content of this email relevant to you?

| | |
|---|---|
| **Yes** | Select |
| **No** | Select |

## Are You a Friend of HC DrugFree?

Are you a donor to HC DrugFree? Have you made a gift this year? HC DrugFree depends upon the generosity of individuals, organizations and

businesses in the community to support the free education an prevention services that help keep our great community safe. **Please make your tax deductible gift to HC DrugFree today!** Any size gift is welcome. Thank you for your support.

## Events

### Teen Advisory Council Meeting

**Monday, January 11, 5:30 p.m. to 7:00 p.m.Click here to register for Zoom meeting**

Our January TAC Meeting will feature some very special guests, so you won't want to miss it! TAC is open to all Howard County High School Students. Public School, Private School, and Homeschool students are encouraged to join.To access the 2020-21 school year registration form please **click here.** Email your registration as well as a phototo admin@hcdrugfree.org or mail a hard copy to: **HC DrugFree,** 5305 Village Center Drive, Suite 206, Wilde Lake Village Center, Columbia, MD 21044

## Parenting Corner

### Tips for Talking to Teens and Young Adults About Drugs During the Holidays

Are your teens or young adults home for holiday break?
With the stress of school or campus life behind them for a few weeks, this can be a great time for you to talk to them about substance misuse. **Learn more.**

### How to Talk to Your Kids About Celebrating the Holidays During COVID-19

"A survey by Nationwide Children's Hospital in Columbus, Ohio, found that two-thirds of parents of children under 18 are concerned that the effect the COVID-19 pandemic has had on their kids' mental health will be harder to reverse the longer it goes on. More than half of them also say they're running out of ideas to keep their kids feeling positive.

So it's tempting...to carry on with the holiday season as if the pandemic is not going to change anything. But child psychologists and other experts suggest that there is a better way..." **Click here to read the full article.**

## Additional Resources

**If You Need Help**

If you need help with depression, suicidal thoughts, or other serious mental health issues, please contact:

Grassroots Crisis Intervention: 410-531-6677
The Maryland Crisis Hotline: Dial 211 and then choose option 1
The Crisis Text Line: Text 741741 and a trained counselor will respond
The National Suicide Prevention Hotline: 1-800-273-8255
The Howard County Health Department: 410-313-6202

**Gambling With Your Future**

Call, text or chat 1-800-GAMBLER for free confidential, compassionate help with gambling problems.

**Medication Disposal**
To safely store and dispose of prescription and over-the-counter medication and sharps (needles, syringes and EpiPens), **please visit our website** for more information.

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# Have a Happy & Healthy Holiday!

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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](http://www.hcdrugfree.org)