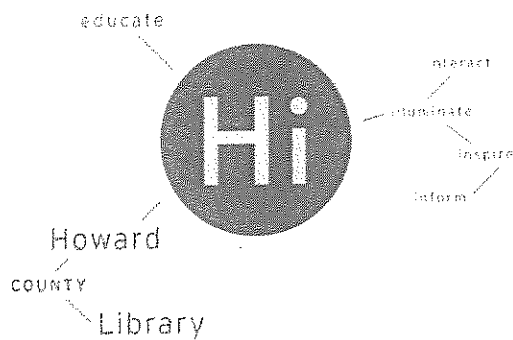


Partnership for Drug-Free Adolescents

A collaboration between
Howard County Library
and
HC DrugFree



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Vision

The Vision of the partnership between HC DrugFree and Howard County Library is to increase awareness of substance abuse prevention in the Howard County community. As partners, we will collaborate and combine our strengths and resources with the goal of assisting parents and the greater community to raise adolescents who are drug free by choice.

Mission

The Mission of the partnership between HC DrugFree and Howard County Library is to provide increased access to resources on preventing substance abuse, through family communication night programs, newsletters, books, and Internet resources for parents, adolescents and the community at large.

HC DrugFree Objectives

HC DrugFree will:

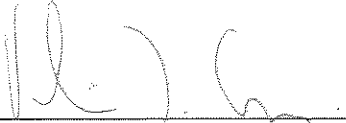
- Conduct two or more programs on substance abuse and parenting at Howard County Library branches per year.
- Forward current information on substance abuse issues to the Howard County Library liaison.
- Alert the Howard County Library liaison to new materials on substance abuse that may be of interest to the Library.
- Create a link on the HC DrugFree web site to Howard County Library's web site.
- Promote Howard County Library programs and materials for parents and adolescents, consistent with HC DrugFree's mission, vision and objectives on the HC DrugFree web site.
- Promote Howard County Library in the HC DrugFree newsletter, *The Parent Bulletin*, and on the HC DrugFree web site.
- Designate an HC DrugFree liaison to coordinate the partnership.
- Meet annually with young adult librarians to share upcoming events and information about drugs and alcohol in the county.

Howard County Library Objectives

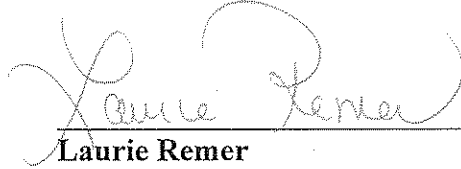
Howard County Library will:

- Designate a Howard County Library liaison to coordinate the partnership.
- Make available copies of HC DrugFree's newsletter, *The Parent Bulletin*, at all branch libraries.
- Use interoffice delivery to facilitate the distribution of the newsletter and program information.
- Publicize joint Howard County Library-HC DrugFree programs held at branch libraries in *source* and on the Library website.
- Provide bibliographies on substance abuse and make materials available for programs held at branch libraries.
- Develop public catalog access points to online databases to facilitate research by parents and teens on the subject of substance abuse.
- Create a link on the Howard County Library web site to the HC DrugFree web site.

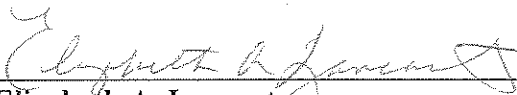
We, the following, do fully agree to the Vision, Mission and Objectives of the above stated partnership declaration on this 14th day of September 2005.



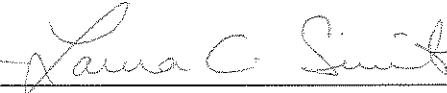
Valerie J. Gross
Director
Howard County Library



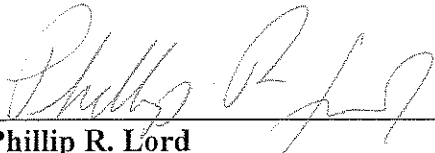
Laurie Remer
President
HC DrugFree Board of Directors



Elizabeth A. Lancaster
Associate Director
Howard County Library



Laura Smit
Executive Director
HC DrugFree



Phillip R. Lord
Elkridge Branch Manager
Partnership Liaison
Howard County Library



Stephen Bounds
Partnership Committee Chair
HC DrugFree Board of Directors

Did You Know?

Underage drinking: Alcohol is the drug most commonly used by Howard County teens.

- 68% of 12th graders and 27% of 8th graders have tried alcohol.

Binge drinking: 5 or more drinks on one occasion

- 50% of 12th graders and 9% of 8th graders have engaged in binge drinking.

Tobacco:

- 42% of 12th graders and 16% of 8th graders report having tried cigarettes.

Marijuana Use:

- 41% of 12th graders and 8% of 8th graders report having tried marijuana.
- Marijuana affects the lungs, short-term memory, judgment and motor skills.

Other drugs:

- 44% of 12th graders and 15% of 8th graders say that have used a drug other than alcohol or tobacco.
- Abuse of over-the-counter (eg. cough medicines) and prescription medications (eg. Oxycontin, Ritalin) is growing among middle and high school teens. Parents should check their medicine cabinets.

Driving under the influence:

- One fifth of 12th graders in Maryland reports having driven under the influence of alcohol or drugs.
- More than one third of 12th graders in Maryland reports having been a passenger with a drinking driver.

Information compiled from the 2002 Maryland Adolescent Survey

HC DrugFree collaborates with a variety of county agencies, organizations and private counselors to disseminate information and education to help teens avoid alcohol and other drugs.

Partnerships with:

- Howard County Public School System
- Howard County Library
- Carrabba's Italian Grill of Ellicott City

Collaboration with:

- Addictions Services - HC Health Department
- Coalition for Adolescent Pregnancy Prevention
- Columbia Addictions Center - Teens at Risk
- Crossroads Psychological Associates
- Horizon Foundation Councils
- Howard County General Hospital Wellness Center
- Howard County Police Department
- Howard County Sheriff's Department
- Integrative Counseling
- Mothers Against Drunk Driving, Howard County Chapter
- Not My Kid - Howard County Health Department
- PTAs - HCPSS Middle and High Schools
- PTA Council of Howard County
- Specialized Trauma Treatment, Advocacy & Recovery Center
- Vision Howard County

Financial Support from:

- The Horizon Foundation
- The Howard County Health Department
- Howard County General Hospital - A Member of Johns Hopkins Medicine
- Middle & High School PTAs

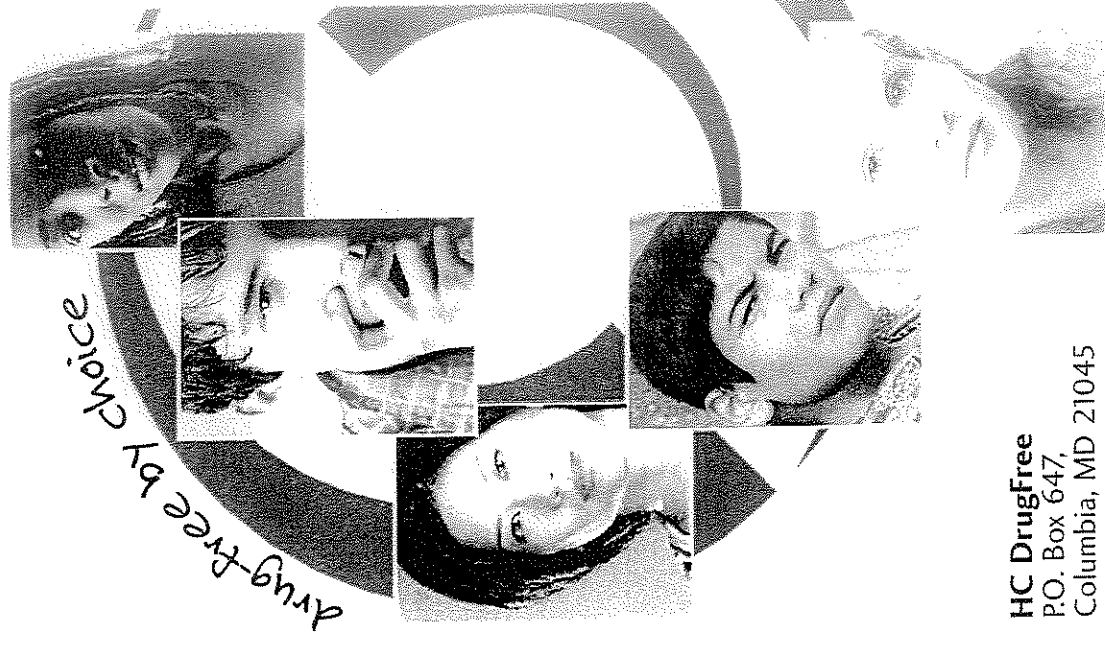
HC DrugFree is a

501 (c) (3) non profit organization.

All donations are tax-deductible.

HC DrugFree

Helping Teens Avoid Alcohol and Other Drugs



HC DrugFree

P.O. Box 647,

Columbia, MD 21045

Phone & Fax: 410-799-4879

E-mail: hcdrugfree@yahoo.com

Website: www.hcdrugfree.org

Who We Are

HC DrugFree is a Howard County non-profit organization helping teens avoid alcohol and other drugs. HC DrugFree offers programs, newsletters and a website to empower parents to raise healthy, alcohol and drug-free teens, including:

- Programs for parents and teens held from October to April at Howard County Public Schools and Howard County Library branches, on topics such as:
 - * Underage drinking & driving
 - * Drugs 101 in Howard County
 - * Drug testing, assessment and treatment
 - * Parenting tips for raising teens
 - * Parental liability for parties and underage drinking
 - * Prom Safety & Senior week in Ocean City
 - * Teen sexuality, alcohol & other drugs
 - * Abuse of over the counter & prescription medications

Newsletters addressing teen drug/alcohol-related issues for parents of middle and high school students.

Website - www.hcdrugfree.org - providing:

- * Schedule of programs
- * Newsletters - current & back issues
- * Links to national and state substance abuse websites
- * List of treatment facilities & private counselors
- * Job and volunteer opportunities for teens

Resources & Support

- * Have a question or need information?
- * Trying to figure out what to do next?
- * Want to find out about programs or speakers in the community?
- * Looking for drug treatment or counseling?
 - * Want to find safe, fun, recreational activities for teens?
 - * Searching for jobs or volunteer opportunities for teens?

HC DrugFree is dedicated to creating an environment where the use of alcohol and other drugs by teens in Howard County can be openly discussed.



Where to Get Help in Howard County

HC DrugFree Programs, Information & Resources

www.hcdrugfree.org - tel: 410-799-4879
E-mail: hcdrugfree@yahoo.com

Student Assistance Program at Howard County Public Schools

For confidential help for a teen you think is drinking, smoking or using other drugs, call your school's guidance office and ask for the (SAP) referral form or get the form online at www.hcdrugfree.org - Fall 2004 Newsletter. The SAP process is non-punitive, and can get the student into early assessment and treatment before they are in trouble.

Assessment, Testing, Counseling & Treatment

Go to www.hcdrugfree.org and click on "Treatment" for public and private services/counseling options or call the Health Department at 410-313-6202.

Web Resources

For Parents: Parents.The Anti-Drug-
www.theantidrug.org

For Teens: www.freevibe.org

Drinking and Driving: www.howardcountymadd.org
Reality-Based Teen Drug Education: www.safety1st.org

Hotlines & Services

MD Youth Crisis Hotline (24/7)	800-422-0009
Health Dept Drug Treatment Services	410-313-6202
Report Underage Drinking & Parties	410-313-4750
Drug Activity Tip Line	410-290-3784
Police Youth Services	410-313-2620
The Serenity Center	410-884-6088
Alcoholics Anonymous	410-663-1922
Al-Anon & Alateen	410-832-7094
Narcotics Anonymous	800-317-3222
MD Poison Center	800-222-1222
Health Dept. Teen Clinic	410-313-7500
STAR Center (rape & other trauma)	410-997-3292
Tough Love	410-526-5890

Howard County parents, like parents everywhere, want to believe that their children are NOT at risk for using alcohol, tobacco, and other drugs. The truth is, ALL of our kids are at risk. But you can do something about it. Here's what you can do:

Know what to look for

- * Acting withdrawn, depressed, tired
- * Has lost interest in hobbies, sports and other favorite activities
- * A drop in school attendance and/or academic performance.
- * Hanging around with new group of friends
- * Hostile and uncooperative behavior; breaks curfews
- * Change in eating habits or sleeping patterns.
- * Red eyes and/or runny nose in absence of cold/allergies
- * Coughing, wheezing, bruises, cuts or needle marks
- * Sudden use of perfume, cologne, breath mints, incense
- * Heightened secrecy about actions or possessions
- * Alcohol or drug paraphernalia in room or car

How You Can Make a Difference

- * **Talk and learn.** Talk to other parents, to your children, and to professionals who work with kids. Visit websites and attend programs for parents. Pick up brochures and newsletters about substance abuse education.
- * **Eat meals together with your children and talk** – as often as possible.
- * **Make it clear** that it is NOT OK with you for them to experiment with alcohol, tobacco, marijuana or other drugs.
- * **Know where your child is** at all times.
- * **Discuss peer pressure to drink or try drugs.** Practice ways to get out of situations.
- * **Keep unsupervised time to a minimum.**
- * **Make sure an adult is home** when your child goes to a friend's house.
- * **Talk with your children about their hopes and dreams for their future** and do fun things together, not just chores and errands.