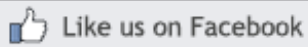


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Follow Us on Twitter!



## HC DrugFree is keeping Howard County *In the KNOW!!!*

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### **Seats Available: Free Life Skills Classes for 9th and 10th Graders Begin on April 30.**

HC DrugFree, in partnership with the Columbia Association Youth and Teen Center and the Howard County Health Department, will present Botvin Life Skills Training, a 10-class highly interactive, skills-based program designed to promote positive health and personal development. Classes will be held at The Teen Center (The Barn) from 3:00-3:45 p.m.

Go to <https://www.surveymonkey.com/r/LifeSkillsSpring2019> to register your student and/or submit questions for HC DrugFree's staff. [Click here](#) to view and print flier.

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### **Doctors in 5 States Prescribed More Than 32 Million Pills for Cash and Sex**

According to The Washington Post, dozens of medical providers in 5 states were charged with participating in illegal prescribing of more than 32 million pain pills.

Those indicted included doctors, pharmacists, nurse practitioners and others. [Click here](#) to read more.

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### **This Saturday!!!! Ho Co Medication and Sharps Drive-Thru Collection**

Come out and support the work of HC DrugFree's Teen Advisory Council. The next convenient drive-thru medication and sharps (needles, syringes and EpiPens) collection is almost here. HC DrugFree's team wants your unwanted and expired over-the-counter and prescription medication as well as any sharps.

No need to remove medication or labels from the bottles and no need to get out of your vehicle. Join us 10 a.m. to 2 p.m. on Saturday, April 27 in the Wilde Lake Village Center parking lot in Columbia.

Medications are guarded and transported by the Howard County Police Department and the Drug Enforcement Administration (DEA). Community service hours available for student volunteers. Please contact HC DrugFree for more information or visit our website at [www.hcdrugfree.org/drug-take-back-day-1](http://www.hcdrugfree.org/drug-take-back-day-1)

[Click here](#) to view and print flier.

To volunteer or for more information, email HC DrugFree at [Admin@hcdrugfree.org](mailto:Admin@hcdrugfree.org).

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**Patrick Kennedy, Former Congressman, Shares Letter**

Former United States Congressman and co-founder of Smart Approaches to Marijuana (SAM), Patrick Kennedy, released an open letter to lawmakers in states currently considering legislation to legalize the use of marijuana and facilitate its commercialization. Specifically, the letters are being sent to lawmakers in New Hampshire, New Jersey, Rhode Island, Vermont, Connecticut, Illinois, and New York.

To read Mr. Kennedy's letter, [click here](#).

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## **Quest Diagnostics Analyzed 10 Million Drug Tests**

An analysis of more than 10 million workplace drug tests by Quest Diagnostics (NYSE: DGX), the world's leading provider of diagnostic information services, found increases in marijuana positive tests. The rate of workforce drug positivity hit a 14 year high in 2018.

[Click here](#) to read more about marijuana increasing in the workforce.

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## **See You on Friday Night!!!**

The 2019 HoCo Student Film Festival will be held at 7 p.m. on Friday, April 26 at the Charles E. Miller Library in Ellicott City. Free and open to the public. Join HC DrugFree to view the winning films in all categories.

Once again, HC DrugFree is proud to partner with the festival. For more information, visit [www.hocofilmfest.com](http://www.hocofilmfest.com).

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## **Alcohol: #1 Drug of Choice among Youth**

Alcohol is the number one drug of choice among youth. According to the 2017 Youth Risk Behavior Survey, in the past 30 days:

- 30% of high school students drank some amount of alcohol
- 14% of high school students binge drank
- 6% of high school students drove after drinking alcohol
- 17% of high school students rode with someone who had been drinking alcohol

To learn more, [click here](#).

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## **Standard U.S. Drink Size**

Only having one drink? A standard drink is equal to 14.0 grams (0.6 ounces) of pure alcohol. Generally, this amount of pure alcohol is found in

- 12 ounces of beer (5% alcohol content)
  - 8 ounces of malt liquor (7% alcohol content)
  - 5 ounces of wine (12% alcohol content)
  - 1.5 ounces or a "shot" of 80-proof (40% alcohol content) distilled spirits or liquor (e.g., gin, rum, vodka, whiskey)
- 

## **How Do I Know if I Have a Drinking Problem?**

According to the Centers for Disease Control and Prevention (CDC), drinking is a problem if it causes trouble in your relationships, in school, in social activities or in how you think and feel. If you are concerned that either you or someone in your family might have a drinking problem, consult your personal health care provider or contact HC DrugFree for a list of providers.

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## Is Beer or Wine Safer to Drink than Liquor?

No. One 12-ounce beer has about the same amount of alcohol as one 5-ounce glass of wine or 1.5-ounce shot of liquor. It is the amount of alcohol consumed that affects a person most, not the type of alcoholic drink.

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## TAC Meeting Monday, May 13

All Howard County high school students are invited to join HC DrugFree's Teen Advisory Council (TAC) and community service hours are available for all meetings/events. The next meeting will be on Monday, May 13. New members are accepted throughout the year. Email or mail signed registration form and photo. Forms can be found on our website at <http://www.hcdrugfree.org/teen-advisory-council-1>.

TAC follows the Howard County Public School System's weather policy. If school is closed or evening activities are canceled, there will be no TAC meeting. Unless otherwise notified, all meetings will be held at The Barn/Teen Center in the Oakland Mills Village Center from 5:30 p.m. to 7:00 p.m. If you have any questions, please email [Admin@hcdrugfree.org](mailto:Admin@hcdrugfree.org).

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## Suicide Prevention Training in Howard County

Register to attend free suicide prevention training sponsored by the Horizon Foundation.

[Click here](#) for a printable PDF flier with dates and registration instructions, go to [www.grassrootscrisis.org/events/](http://www.grassrootscrisis.org/events/).

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## HC DrugFree Educational Materials Available in Multiple Languages

Let HC DrugFree know what resources you need.



Howard County Police Department  
Police Emergency.....911  
Non-Emergency Line .....410-313-2200  
Drug Activity Tip Line ..... 410-290-DRUG  
Anonymous Tip Line.....410-313-STOP

*Three out of four people using heroin began with the use of prescription medication.*  
Get expired and unwanted medicines out of your home! For proper disposal locations, contact:

**HCDrugFree**  
Empowering the Community

[www.hcdrugfree.org](http://www.hcdrugfree.org)  
443-325-0040



For more information, contact  
Joan Webb Scornaieni, Executive Director  
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[www.hcdrugfree.org](http://www.hcdrugfree.org)

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