

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



KNOW How Much to Serve

Before filling your cup with your favorite summer beverage, it's a good time to review what each "secret" line on a Solo Cup measures and what is meant by a serving size. Remember, a can of beer may contain as much alcohol as a shot of hard liquor.




[Click here](#) for a printable PDF of the solo cup measurement document and [click here](#) for a printable PDF of the standard drink document.

HOW OLD WERE YOU WHEN YOU FOUND OUT THESE LINES WERE ACTUALLY MEASUREMENTS?

18 oz	2 1/2 cups
14 oz	1 1/2 cups
12 oz	1 1/4 cups
4 oz	1/2 cup
1 oz	1/8 cup

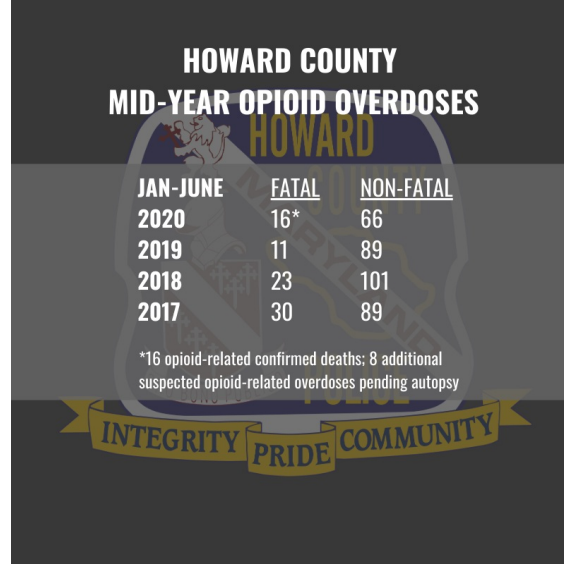
5305 Village Center Drive, Suite 206
Wilde Lake Village Center
Columbia, Maryland 21044
www.hcdrugfree.org

What Is a Standard Drink?

12 fl oz of regular beer	=	5 fl oz of table wine	=	1.5 fl oz shot of distilled spirits (gin, rum, tequila, vodka, whiskey, etc.)
				
about 5% alcohol		about 12% alcohol		about 40% alcohol

5% of 12 oz 0.6 oz of alcohol	12% of 5 oz 0.6 oz of alcohol	40% of 1.5 oz 0.6 oz of alcohol
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Howard County Police Report 2020 Opioid Overdoses



[Click here](#) to print the Howard County mid-year opioid overdose information.

Too Early to Link COVID-19 to Spike in Opioid-Related Deaths

Maryland experienced an increase in opioid-related deaths during the first quarter this year, but it's unlikely that this was due to COVID-19. The virus didn't hit until March, so the effects of the pandemic will be seen in the second quarter. [Click here](#) to read more about this data.

Is It Meth or Candy?

The Drug Enforcement Administration (DEA) warns that meth made to look like pastel-colored candy could spread from the Midwest to other areas of the United States. [Click here](#) to read more and see images of the meth pills.

HC DrugFree Looking for a CPA/Treasurer

HC DrugFree is looking for a Certified Public Accountant (CPA) to serve as our Treasurer. This is not a bookkeeping position, and an impartial CPA conducts our annual review and files our 990. Please forward your resume or bio to Joan@hcdrugfree.org if you are interested. If you are not a CPA but think you are qualified because you have nonprofit expertise or board experience, feel free to forward your information. We will review and contact you. Please continue to share with your CPA friends. Thank you.

Investing in Howard County Students

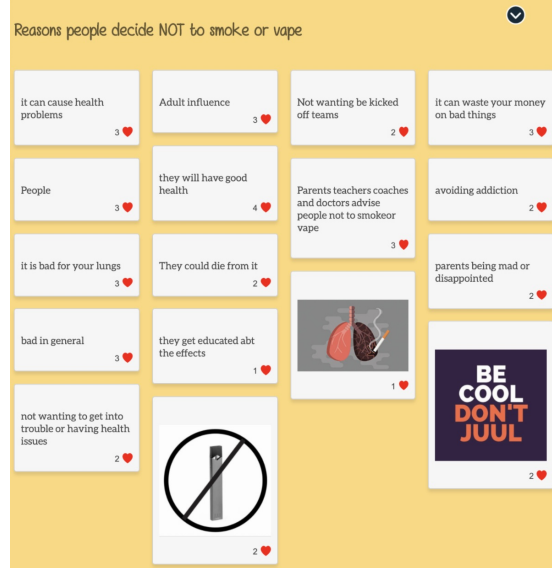
Since July 7, HC DrugFree has completed 6 of 15 Life Skills classes for Howard County youth in grades 6-8.



The 26 registered students have been taught and mentored by our 8-person team of high school and college students as well as adults.

Students have been learning and sharing with each other about topics such as self-image, vaping, alcohol, marijuana, advertising, security clearances, and decision-making.

[Click here](#) to view the Life Skills students' "reasons people decide not to smoke or vape" discussion board.



What are students saying about our classes?

"I like this class! I'm happy that I will learn different things that teachers don't teach us in school!"

"I'm so happy to be in these classes because I was really bored this summer."

What are parents saying about our classes?

"My son is enjoying the classes and learning a lot."

"My daughter is really enjoying the classes (I think they're great too – she's sitting with me while I work 😊)"

HC DrugFree's Life Skills classes use developmentally appropriate, collaborative learning strategies to help students achieve competency in the skills that have been shown to help students resist substance use (tobacco, alcohol and other drugs), violence, and other high-risk behaviors.

Register Howard County High School Students

Get your high school student involved with HC DrugFree. [Click here](#) to complete the NEW 2020-21 school year Teen Advisory Council (TAC) registration form. Signed TAC registration forms are due each year. TAC is open to all Howard County high school students. Community service hours available.

Email a signed PDF to admin@hcdrugfree.org or mail a hard copy to HC DrugFree, 5305 Village Center Drive, Suite 206, Wilde Lake Village Center, Columbia, MD 21044. Be sure to include a photo.

Toxicity of Products Found in Vaping Solution

According to the Substance Abuse and Mental Health Services Administration (SAMHSA), a variety of substances that are known to be toxic, carcinogenic, or cause disease have been identified in vaping liquid solutions and aerosols, including delivery solvents, flavorings, carbonyl compounds, minor tobacco alkaloids, tobacco-specific nitrosamines, reactive oxygen species, metals, and other toxicants.

However, the toxicity of the liquid solutions and aerosols varies by formulation and device used. In addition, because vaping devices use high temperatures to produce the aerosol, the substances that comprise the liquid solution may undergo a chemical reaction when exposed to heat, creating potentially toxic products such as formaldehyde that were not present in the original formulation.

As a result, ingredients used in the liquid solutions which the FDA generally considers safe for oral consumption may take on different properties when heated in vaping devices and may potentially be harmful. These products are not considered safe to inhale.

This includes flavoring agents themselves, like cinnamon and vanilla, which may become toxic when heated or aerosolized. Depending on the type of vaping devices used, some harmful materials used to manufacture or built into the device itself, such as metals or plastics, can be aerosolized with the liquid solution and inhaled.

For example, liquid solutions exposed to the heating element of some vaping devices contained a higher concentration of heavy metals than liquid solutions in refillable dispensers, indicating contamination from the device itself. These heavy metals included chromium, nickel, and lead, which can result in neurotoxicity, cardiovascular disease, respiratory disease, and lung cancer.

In approximately half of the sample devices tested, the average concentration of heavy metals was greater than the daily limits recommended by the Agency for Toxic Substances and Disease Registry. [Click here](#) for more information.

Talking with Children about COVID-19

Children may worry about themselves, their family, and friends getting ill with COVID-19. Parents, family members, school staff, and other trusted adults can play an important role in helping children make sense of what they hear in a way that is honest, accurate, and minimizes anxiety or fear. [Click here](#) to read facts about COVID-19 to share with children and tips for having these discussions.

We're Working for You

Donate to HC DrugFree today. Help us educate youth and adults and serve our community. [Click here](#) to make your donation.

Safe at Home

HC DrugFree and the Drug Enforcement Administration (DEA) want to remind you that most people who misuse prescription drugs get them from family, friends, and acquaintances.

You can make a difference by keeping track of the medicine you have, rethinking where and how you store your medications in your home, and safely disposing of any unwanted or expired medications.

HC DrugFree's next drive-thru medication and sharps collection has been postponed due to COVID-19. As soon as a new date is selected, we will share it in our newsletter.

Resources Below

Need to Talk to Someone? Call 2-1-1, Press 1

Problems with depression? Anxiety? Thoughts of suicide? Drugs or Alcohol? Call Maryland's helpline: Call 211, press 1 or text your zip code to 898-211 (TXT-211).

Howard County Mental Health Services

The Behavioral Health Navigator can help link you to mental health or substance use services, refer you to treatment, and follow up to make sure you received the assistance you need. Visit www.hchealth.org/gethelp or call 410-313-6202 for more information. [Click here](#) to view or print Howard County Health Department services.

Resource Directories for Youth and Adults

Howard County has resource directories available to help you find treatment providers and other services. [Click here](#) for health services and [click here](#) for youth services.



For more information, contact
Joan Webb Scornaienchi, Executive Director
HC DrugFree
5305 Village Center Drive, Suite 206
Wilde Lake Village Center
Columbia, MD 21044
443-325-0040
Info@hcdrugfree.org
www.hcdrugfree.org

