

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



National Collegiate Alcohol Awareness Week October 17-23

National Collegiate Alcohol Awareness Week encourages college campuses across the country to provide programs and activities to raise awareness and promote responsibility regarding alcohol use and impaired driving, and eliminate alcohol abuse. Ask your college student what is being done on their campus - another easy way to start a conversation with them!

Would You Know if Your College Student Was Struggling with Alcohol or Drug Misuse?

Just like their children, parents grow, develop, and change into different stages as parents. While changing diapers and late night feedings may be tough on new parents, sending your "baby" to college can be emotionally challenging. Have I taught them enough? Are they ready? How does this change our relationship? Are they going to make good decisions when I'm not there?

Maintaining and improving communication with your college student is essential, but also harder now that you may not see them on a regular basis. Dr. Amelia Arria and others at the Maryland Collaborative have created an amazing set of research-based resources for parents of college students. On the [College Parents Matter](#) website, parents can find:

- [9 High Risk Situations to Talk About](#) such as Impaired Driving, Cannabis, and Spring Break. Each situation includes why it is important to talk about the subject as well as some examples of what to say (and

not say) to get the conversation started and help you get your message heard.

- **7 Tips for Good Communication:**

1. Don't be afraid to start the conversation.
2. As a family member, you are allowed to disapprove of drinking. Give yourself permission to disapprove.
3. Banish any fear that your disapproval is naïve.
4. Focus on one message during the conversation.
5. Reject the myth that discouraging drinking is useless because everyone is doing it.
6. Make communication a regular activity.
7. Recognize the power of your influence.

Fall Semester: A Time for Parents to Discuss the Risks of College Drinking

Did you know that the first 6 weeks of the fall semester are a vulnerable time for harmful and underage drinking on college campuses?

College Drinking Prevention has released a **Fact Sheet** for parents that provides information on college drinking, how parents can influence their students to make positive choices, and additional resources.



Fall Semester—A Time for Parents To Discuss the Risks of College Drinking

As college students arrive on campus this fall, it is typically a time of new experiences, new friendships, and making memories that will last a lifetime. Unfortunately for many, it is also a time of harmful and underage drinking and of dealing with its aftermath—from vandalism, sexual aggression, and other forms of violence to injuries and death. In light of the current coronavirus pandemic, it is particularly important this fall for parents to urge college students to take measures to protect their health.

Alcohol and COVID-19 Don't Mix—Encourage Additional Caution About Alcohol During the Pandemic

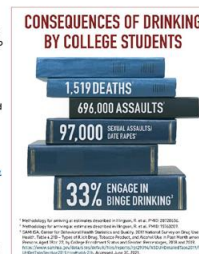
Drinking alcohol impairs both physical and mental abilities, and it also decreases inhibitions. Reduced inhibitions from drinking and being intoxicated may affect a young person's ability to take the precautions needed to reduce the risk of contracting the coronavirus or spreading it to others, such as maintaining appropriate physical distance and wearing a mask. Encourage students to limit how much alcohol they or friends are consuming and remind underage students not to drink any alcohol. Students should also know the steps needed to protect themselves and others from COVID-19 if schools have resumed in-person or hybrid classes or while participating in activities outside of school. This includes following the everyday practices recommended by the U.S. Centers for Disease Control and Prevention (CDC) to [reduce the risk of contracting and spreading the coronavirus](#), as well as following all guidelines and procedures that have been established by individual colleges and universities.

Rates and Consequences of College Drinking

According to the 2019 National Survey on Drug Use and Health (NSDUH), 52.5 percent of full-time college students ages 18 to 22 drank alcohol in the past month, and 33.0 percent engaged in binge drinking in the past month. NSDUH defines binge drinking as 5 or more drinks on an occasion for men and 4 or more drinks on an occasion for women.* In addition, 8.2 percent engaged in heavy alcohol use (defined by NSDUH as binge drinking on 5 or more days in the past month). These binge drinking and heavy alcohol use rates are both higher than for those not attending college.¹

The consequences of harmful and underage drinking by college students are more significant, more destructive, and more costly than many parents realize. And these consequences affect students whether they drink or not.

* NIAAA defines binge drinking as a pattern of drinking alcohol that brings blood alcohol concentration (BAC) to 0.08 percent—or 0.08 grams of alcohol per deciliter—or higher. For a typical adult, this pattern corresponds to consuming 5 or more drinks (male), or 4 or more drinks (female), in about 2 hours.



FREE Parenting Classes

Register for FREE Parenting Classes (Grandparents Welcome)

Please join our team at our next FREE series of online parenting classes scheduled for November and December, but you must register. Students or adults must reside in Howard County. For more information visit [HCDrugFree's website](#).

Medication and Sharps Disposal

See You on Saturday!

In partnership with the Howard County Police, the Drug Enforcement Administration, the Health Department, and many others, the next drive-thru medication and sharps collection at HC DrugFree's site will be held on Saturday, October 23rd from 10 a.m. to 2 p.m. in the **Wilde Lake Village Center**

parking lot near The UPS Store, Slayton House, and Swim Center.

[Please visit our website](#) for more information or to volunteer.



Don't know what to do with your leftover meds & sharps?

We can help.

SAVE THE DATE!

Medication & Sharps Disposal

HCDrugFree
Empowering the Community

Saturday, October 23 10 a.m. - 2 p.m.

Wilde Lake Village Center in Columbia

www.hcdrugfree.org



Safely dispose of:

- Prescription Medication
- Over-the-counter medication
- Sharps (Syringes, Needles, Epi-Pens, etc.)
- Vitamins
- Pet Medication
- ...and more!

Message provided by HC DrugFree & the Howard County Police with funding from Howard County Health Department, MDH & SAMHSA

Tables Wanted for Saturday



We are in need of more tables for this Saturday's medication and sharps collection. If you have any that we can borrow, please visit <https://www.surveymonkey.com/r/TablesToLoan> to provide your contact information. If we do not email you by Friday morning, that means we have enough tables. Thank you!

Photographers/Videographers Wanted



We are looking for more **adults with photography and/or videography skills** (professionals or hobbyists) willing to take photos or videos during the

medication and sharps collection to be held on Oct. 23rd from 9:00 a.m. to 2:15 p.m. or help to edit them into promotional materials after the event.

If you're available, please let us know by completing the survey at <https://www.surveymonkey.com/r/VolPhotoVideo>.

If you are not available that day but you are interested in volunteering to work with our Teen Council and/or adult team, then please complete the survey and we will contact you for future events and activities. Thank you.

Volunteers with Medical Training Wanted

We are in need of **adults with medical training** to help with the medication and sharps collection and sorting on Saturday, October 23. If you are available to help, please visit our website to register HCDrugFree.org



Medication Disposal FAQs

Q: **Why Should I Care about Medication Disposal or Storage?**

A: Unwanted or expired prescription and over-the-counter medications are a public safety issue, leading to potential accidental poisoning, misuse, and overdose. Proper medication disposal and storage saves lives and protects the environment.

Q: **Who Should Have Access to My Meds?**

A: Everyone knows to keep medicine “out of the reach of children” but once your children become teens, there’s a good chance they can reach all medicines in your home, and they know exactly where you keep what. Many people keep their medicine in easy to reach, easy to access cupboards, medicine cabinets, drawers, etc. So put your medicine somewhere that only you can easily find and access. Lock it up if you can. This will keep your medication from unintentionally ending up in the wrong hands and just may save someone’s life!

Q: **Can I Flush Meds Down The Sink or Toilet?**

A: No, please don't flush your meds so they don't end up in rivers, lakes, bays, and community drinking water supplies.

Q: **Do I Need to Remove Labels or Pills from Bottles?**

A: No, not if you use HC DrugFree's convenient drive-thru collection. Labels with your name, etc. won't be accessed by others, and yes, pills may stay in original bottles/boxes. All meds are guarded and transported by Howard County Police and the Drug Enforcement Administration (DEA) after being placed in sealed bins that are destroyed.

Q: Will You Return My Sharps Container or Pretty Shopping Bag?

A: No. Due to new COVID safety practices and unlike past collections when we tried to return your containers and fancy shopping bags, we ask that you bring your sharps and medication ready to be dropped into the disposal bin.

You may bring sharps in the standard red biohazardous containers, secured laundry detergent bottles, or other thick, safe, secure containers so our volunteers do not get pricked. Absolutely NO LOOSE NEEDLES.

Q: Am I My Family's Drug Dealer?

A: You may be. Most people who misuse prescription drugs get them from family, friends, and acquaintances. To reduce the likelihood that medications will be misused in your home, bring them to our Take Back Day event on October 23rd from 10am - 2pm in the Wilde Lake Village Center parking lot.

For more information, contact

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