

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

Back to School Resources

Click on the links below to view educational resources from the National Institute on Drug Abuse (NIDA).

Content for Students

- [Coronavirus \(COVID-19\) and Drug Use: What's the Connection?](#)
- [Can Too Much "Screen Time" Change Your Brain?](#)
- [Drug Facts Challenge!](#)
- [Kahoot! Games on Drugs and Alcohol](#)
- [Is There a Connection Between Missing Sleep and Using Drugs?](#)
- [Myth or Fact? "Marijuana Is Stronger These Days"](#)
- [Videos: Exploring Drug Effects](#)

Content for Parents, Educators, and Organizations

- [Lesson Plan and Activity Finder](#)
- [Drugs & Health Blog Teacher's Guide](#)
- [Drug Facts: Facts on the Health Effects and Consequences of Drug Use for Students](#)
- [Stats & Trends in Teen Drug Use with Interactive Chart](#)
- [2020 National Drug & Alcohol IQ Challenge](#)

Overdoses in Howard County - Through August 23

According to the Howard County Police Department, between January 1 to August 23, 2020, Howard County experienced 23 confirmed fatal and 97 nonfatal overdoses.

Looking for Part-Time Work or to Volunteer?

As in the past, some HC DrugFree volunteer positions for adults including college students are expected to become paid positions. Volunteering now may be your first step toward an ongoing paid position with us.

Want to volunteer a few hours or looking for a job and want to "try" a position to determine if it's a good fit? HC DrugFree is looking for college students wanting unpaid internships and adult volunteers looking to give back to the community. Our hope is that a few of our new adult volunteers and student interns will have the skills and flexible schedules we need, so we can turn these into paid positions this fall.

Our recent success story was a Howard Community College student accepting an unpaid internship that quickly turned into a paid position since last fall. A win-win for her and us.

[Click here](#) to access our adult volunteer application or read the list below for a sample of volunteer opportunities. Must be 18 years old or older. Background checks required for some positions.

Current "volunteer" needs:

1. Virtual Teen Advisory Council (TAC) Assistant Do you enjoy working with teens and like to arrange speakers? This school year, TAC will meet one evening a month online using Zoom. If you think you would be a good fit, let us know. (Teens/staff are available to assist with running Zoom or teach what you need to know.)

2. Virtual Social Media/Outreach Assistant: Do you enjoy updating websites or posting on social media? Do you have experience writing (i.e., blogs, email updates to schools/PTAs, short newsletter updates, etc.), or planning events or programs? If any (not necessarily all) of this is true for you, let us know your experiences, skills, and/or interests.

3. Fundraiser: If you want to help raise money, increase or enhance partnerships, or find new sponsors to help replace reduced grant funding, please let us know.

4. Medication/Sharps Collection Assistant Coordinator. Help coordinate our drive-thru medication and sharps collections held twice a year. These events are always on Saturdays and from 10 a.m. to 2 p.m. in the Wilde Lake Village Center parking lot. Next event: Tentatively, Saturday, October 24.

Position(s) must be specified and all applications must be sent to our admin@hcdrugfree.org email account. We apologize for any inconvenience, but sending the application to other HC DrugFree email accounts will delay or prevent a response. We are not able to accept phone calls at this time.

Test Your Knowledge: Fact or Myth?

According to the Drug Enforcement Administration (DEA), in 2018, 67,367 people in the U.S. lost their lives after overdosing on drugs. In 2017, there were 967,615 non-deadly drug overdoses treated in Emergency Departments across the nation.

Many of these tragedies could have been prevented. But when it comes to overdoses a lot of people just don't have the right information. [Click here](#) to get the facts about drug overdoses and debunk a few popular myths.

DEA's Drug Alert: Marijuana Edibles

Edibles are food products infused with marijuana. Though smoking marijuana is the most prevalent method of consumption, eating marijuana is a popular way to consume the drug. This information is provided by the Drug Enforcement Administration (DEA):

Is eating marijuana more dangerous than smoking it?

Yes, there is high potential for overdose from marijuana edibles.

- The effects from smoking marijuana only takes minutes. Edibles, however, take between 1-3 hours because food is absorbed into the bloodstream through the liver. Because it takes longer, the user may end up consuming longer amounts of the drug while thinking the drug isn't working.
- The amount of THC, the active ingredient in marijuana, is very difficult to measure and is often unknown in these food products.
- If the user has other medications in his or her system, their body may metabolize different amounts of THC, causing THC levels in the bloodstream to dangerously increase five-fold.
- Overdose symptoms from eating marijuana are often more severe than symptoms of an overdose from smoking marijuana.

What are the negative effects of marijuana edibles?

- Psychotic episodes
- Hallucinations
- Paranoia
- Panic attacks
- Impaired motor ability

[Click here](#) to read more.

We Want Your Story

In observance of National Recovery Month in September, we invite you to share your personal journey of recovery or your thoughts about a loved one's recovery. Sharing stories is a way to strengthen our community and dispel stigma, as well as give others support and hope. Stories may be shared in HC DrugFree's newsletters and/or website. Please email your story as soon as possible to Admin@hcdrugfree.org or mail it to our office. Feel free to submit more than one story.

MD Mind Health

The Maryland Department of Health (MDH) recently launched MD Mind Health, a new text-based mental health initiative to fight isolation and encourage mental wellness. The new program was developed by the MDH Behavioral Health Administration (BHA) in partnership with Maryland 211, the state's crisis hotline. The program is an extension of mental outreach provided by BHA during the pandemic. Texts sent through the program will not only provide supportive mental health messages, but also will remind recipients that immediate access to mental health services is available. If in distress, individuals can call 211, chat through the 211 website, or text 898-211. All actions will link the individual to a call specialist available 24/7.

Tentative Save the Date: Drive-thru Medication and Sharps Collection

The Drug Enforcement Administration (DEA) has announced that it plans to move forward with a national Drug Take Back Day on Saturday, October 24

between 10 a.m. and 2 p.m. However, at this time, HC DrugFree's October 24 drive-thru prescription and over-the-counter medication and sharps (needles, syringes and EpiPens) collection is "tentative" until we receive COVID-19 guidance and confirm with our partners. More information will be shared as soon as possible.

Teen Advisory Council Registration Forms

Howard County high school students may [click here](#) to access the 2020-21 school year Teen Advisory Council (TAC) registration form (see #2). Signed forms are due each year. 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.

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).



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