

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

CPA/Treasurer Wanted

HC DrugFree is looking for a Certified Public Accountant (CPA) to serve as our Treasurer. This is not a bookkeeping position. Please forward your resume/bio to Joan@hcdrugfree.org if you are interested or have questions. 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 share this with your CPA friends! Thank you.

What's Up with Howard County Kids?

You don't KNOW? Then click on the drawing below to learn what Dylan, a middle school boy, wants to share through a cartoon he drew for our Executive Director after participating in HC DrugFree's recent Life Skills classes.



[Click here](#) to view Dylan's cartoon.

Dylan's cartoon addresses just some of the many issues facing our middle school kids, some of what students learned in our recent Life Skills classes, and some of that they will learn in our summer classes.

Dylan and other students already knew that they were suppose to say no to drugs, alcohol, risky behaviors, etc., because their parents taught them that. However, in this class, he heard from our youth team about situations they faced in high school including being approached about vaping, feeling pressured to say yes to an invitation to prom by someone they didn't want to date, and how to politely yet assertively say no when you mean no.

As you can see at the end of Dylan's cartoon, he learned how to offer an alternative activity when asked to participate in risky behaviors, feel empowered, and take the lead.

Do you KNOW a Howard County middle school student? They need to be in our summer classes hearing and learning from high school and college students. Parents, help us to help you and your kids be "In the KNOW" about what high school and life may toss their way.

Summer Life Skills Classes: Register Your Student Today!

In July and August, HC DrugFree will be providing our next series of online Life Skills classes for **Howard County** youth in grades 6-8. Students will be taught and mentored by our team of high school and college students as well as adults.

While having fun in a safe environment, this highly interactive skills-based program is designed to promote positive health and personal development. The integrated approach helps to develop personal, interpersonal, and drug resistance skills.

This middle school program uses 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.

This **FREE** training will be conducted online and held on Tuesdays, Wednesdays, and Thursdays from July 7 to August 6. **Click here** for more information on class dates, times, and to register. Space is limited, so must live in Howard County.

**CLICK HERE TO REGISTER
MIDDLE SCHOOL STUDENTS**

Testimonials from students in our spring 2020 class:

"You give good advice."

"These classes were worth my time."

"It was fun being taught by the youth team because they shared personal situations that might happen when we grow up."

Testimonial from parents:

"Most parents have talked about these subjects with their kids, but this class

goes so much more in depth."

"My son really enjoyed the program. Thanks for all you do to promote healthy choices!"

"This class is a safe, educational opportunity to discuss developmental challenges, learn about substance use, promote positive images and communications skills."

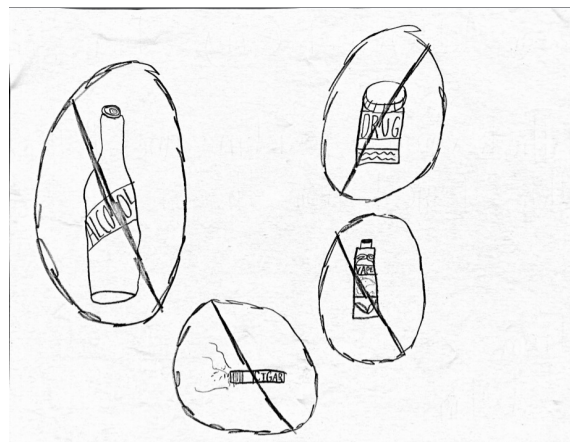
Below: Members of our summer 2020 team...and our team is growing!



Dear Ashley, Harsh, Craig, & Julia,

Thank you for teaching me all the things I need from the LifeSkills class!

From,
Dylan



Our spring 2020 youth instructional team (16, 17, 20 and 21 years old) received this thank you note from Dylan, the boy who drew the cartoon at the top of the page for our Executive Director.

**"IF YOU'RE OVER 45 AND DON'T HAVE AN UNDER-30 MENTOR
- NOT MENTEE, MENTOR -
THEN YOU'RE GOING TO MISS FUNDAMENTAL SHIFTS IN THINKING
THAT ARE HAPPENING."**

quote from a Qantas in-flight magazine

KNOW How to Grow at Any Age

Important phrases we should all be willing to say as we learn and grow

"In light of that new information, I have changed my mind."

"Oh, I didn't know that before. I guess I was wrong."

"From the evidence provided, it appears I need to rethink things."

"You make a strong argument, I'll consider what you said."

"I can't support my opinion. I don't know why I think that."

"I never thought of it that way. Thank you. Now I will."

- Anonymous

Do You Like HC DrugFree's Work with Kids (or Kids at Heart)?

Donate to HC DrugFree today. Our fiscal year ends June 30 and we have bills to pay! Help us educate youth and adults and serve our community. [Click here](#) to make your donation.

NEW! 2020-21 TAC Registration Form

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.

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.

6 Things You Should Never Do with Bleach

The American Association of Retired Persons (AARP) reminds us to be careful when handling bleach.

- Don't mix bleach with other cleaning products
- Don't gargle or drink diluted bleach
- Don't bathe in bleach
- Don't use bleach straight out of the bottle
- Don't use bleach to clean fruits and vegetables
- Don't soak your face mask in liquid bleach straight out of the bottle

[Click here](#) for more information.

What Organ is Most Strengthened by Physical Activity?

Long-term studies show that people who are physically active on a regular basis can halve their risk of getting Alzheimers. Why doesn't everyone use such easily accessible 'medicine'? [Click here](#) to find out more about the benefits of exercise.

Teens Test Positive for COVID-19 after Senior Week at the Beach

Families whose children participated in senior week activities at Dewey Beach in Delaware and are planning graduation parties should consider rescheduling them for 14 days after they left. At least consider these teens to be at-risk for the virus and limit the teens' exposure to vulnerable family and friends such as grandparents or family members with chronic health conditions. [Click here](#) to read more.

"Iso" Another Synthetic Drug You May Not KNOW

Isotonitazene "Iso" is a synthetic drug killing in the U.S. This drug was first reported in 2019 and could be even more potent than fentanyl, which can be 100 times more powerful than morphine. [Click here](#) to read more about "iso" and [click here](#) to read about the impact it may have.

What Do You KNOW about Synthetic Drugs?

Synthetic drugs are chemically-created in labs to mimic other drugs. [Click here](#) to watch a video to learn more about these drugs, and [click here](#) to read about popular types of synthetic drugs such as fentanyl and synthetic stimulants.



Virtual Mental Health Film Festival

The Horizon Foundation has partnered with the Columbia Festival of the Arts to host a **FREE** Virtual Mental Health Film Festival.

Interactive live conversations will take place and mental health films will be played on June 25 and 26.

[Click here](#) to download a printable PDF with more information and free registration instructions.



For more information, contact
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