

THE BAHCC BULLETIN



RCHS RAD & WCHC CAT CREW MEMBERS ATTEND CGTI TEEN INSTITUTE: COLLABORATING ON PLANS TO MAKE A DIFFERENCE IN OUR COMMUNITIES

Report by Gianna Ezell, '19-'20 RAD President, BAHCC Youth Sector Rep

Over the summer, BAHCC sent me to a week-long camp called CGTI (Cebrin Goodman Teen Institute), which was held at Eastern Illinois University. At this camp, I had the opportunity to meet so many new people and learn so many new things that will stick with me for the rest of my life. The camp's theme this year was HOPE, or Healthy Outcomes through Prevention Education. We got to meet many new speakers and hear their stories that correlated to the theme. We also got to choose workshops to attend throughout the week where we met more speakers and did many fun activities that related to the themes of the workshops.

In addition to the main speakers and the workshops, each attendee was assigned a discussion group and a CAT (community action team). In the discussion groups, we talked about our days and what we had learned during the workshops and what we thought about the speakers and their messages. These discussion groups were very useful in my opinion because there were multiple workshops I wanted to attend but didn't have the chance to because of the ones I had already chosen, and I got to hear about them from people who got to attend them. We also did many team building exercises and got to know each other, and by the end of the week, I had made a new group of best friends.

con't on p. 2

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BE INFORMED!

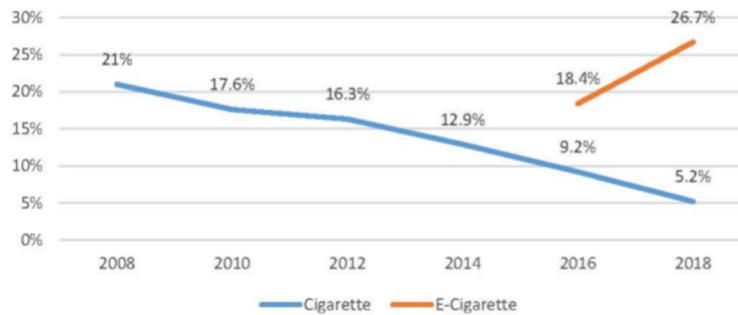
Tobacco Use and Vaping Among Youth in Illinois: Dramatic Increase as Indicated in the Illinois Youth Survey (IYS) Results

As Reported by the Center for Prevention & Research Development (CPRD), University of Illinois, School of Social Work

Self-reported cigarette smoking among high school seniors has declined steadily every year from about 1 in 5 (21%) high-school seniors reporting past 30 day cigarette use in 2008 to slightly more than 1 in 20 (5%) in 2018. This reflects laudable efforts to reduce cigarette smoking by a variety of means over this ten year span.

However, in the last two survey years during which the IYS has measured past 30 day e-cigarette use, use of e-cigarettes has increased dramatically, from 18.4% in 2016 to 26.7% among seniors in 2018. This is one of most dramatic and alarming annual changes in youth substance use trends the IYS has ever measured.

Past 30-day E-cigarette use significantly rising while cigarette smoking is declining



Youth tobacco use, in particular use of e-cigarettes, increases as a young person progresses through their high school years. Among all teens, e-cigarette use is nearly 3 times more prevalent than any other form of tobacco use.

A key contributing factor to tobacco use or vaping products is ease of access. Use declines if these products are not as easy to get. Across the grades, the most common source of tobacco or vaping products for teens is that they are given to them by a friend. 8th graders are more likely to get tobacco or vaping products from siblings or from their parents without permission than are 10th or 12th graders. Seniors are far more likely to purchase tobacco or vaping products at a store than 8th or 10th graders. However, Illinois passed a law, effective on July 1, raising the tobacco purchase age to 21 for all tobacco products, including e-cigarettes and vaping devices. This will make tobacco products more difficult for youth to get in years to come, including seniors.

Perceived risk also directly affects youth tobacco use. 87.6% of teens perceive a moderate or great risk of smoking one or more packs of cigarettes per day while only 58% perceive moderate or great risk from e-cigarette use. 12.1% of seniors perceive no risk from e-cigarette use. This reflects the success of targeted youth messaging about the risks of cigarette use. It also reflects a lack of similar effective messaging about e-cigarette use.

There are many misconceptions surrounding e-cigarettes and other vaping products including the chemicals found in vaping products and the addictiveness of these products. Some believe the liquid found inside a vaping product cartridge or pod is just flavoring or water vapor. However, research has shown chemical ingredients found inside a pod or cartridge can include formaldehyde, diacetyl used for flavoring, nicotine, as well as metal particles including nickel, tin, and lead.

It's a great time to open a dialogue with youth in your life regarding these issues. To learn more about the risks of e-cigarettes for youth and tips for having that discussion, visit the Surgeon General.

<https://e-cigarettes.surgeongeneral.gov/resources.html>

CGTI, con't from p. 1

I was with the Wilmington Coalition for the CAT group since I was the only student from Reed-Custer who attended CGTI this year, and in the groups we planned a lot of things that we thought could help benefit our communities. I brought back many ideas that I felt would be good for RAD Youth Group to take on this year, and I am excited to share them with all of the members. Some of the things I am excited for this year in RAD are seeing our ideas go into action, see the change we leave on the school, and seeing the group grow before I graduate. Some of the things I want to focus on with the group this year are Red Ribbon Week, National Prevention Week, and National Drug and Alcohol Facts Week, so that the importance of prevention really gets put out there to the students in our school during those weeks.

I also feel that the group should strongly promote prevention year round by putting up facts in the halls and the cafeteria so that the students are always aware of the importance of prevention and not just during the select weeks. The last thing I feel is important to focus on this year is mental health. Many cases of addiction are related to mental illness, especially in teens. I feel the group focusing on improving the mental health in our school for even just one meeting could make a big difference, and even if our efforts only affect one person, we are still making a difference.



RAD is "Committed to preventing and combating substance abuse in our school and communities through teamwork and action!"

PREVENTION BEGINS AT HOME

MEETING INFORMATION

Membership meetings are held on the 2nd Monday of every month, except July, from 4:30 - 6 pm at the Braidwood Fire Department, 275 W. Main St., Braidwood, IL 60408

All interested citizens are welcome to attend.

COALITION EXECUTIVE BOARD

President - Tim Ricketts, RCHS Principal (Term expires in June 2020)
 Vice President - Todd Lyons, Braidwood Chief of Police (Term expires June 2021)
 Secretary - Pam Dell'Aquila (Term expires June 2021)
 Treasurer - Sandra Fletcher (Term expires in June 2020)
 Member at Large -Doug Money, Braidwood Commissioner of Public Buildings & Property (Term expires June 2021)

COALITION STAFF

IDHS SUPS Grant Project
 Coordinator - Pete Dell'Aquila
 SAMHSA Drug Free Communities (DFC) Grant Program Director - Pete Dell'Aquila
 SAMHSA Drug Free Communities (DFC) Grant Project Coordinator - Shree Woods Salazar

CONTACT INFO

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Check out our website:
www.braidwoodcoalition.org

Follow us on facebook:
www.facebook.com/braidwoodareahalthycommunitycoalition/

Follow us on twitter:
twitter.com/BAHCCILLINOIS

MEMBER SPOTLIGHT

Tina Hall



Tina, a Braidwood native, mother of two boys and long time RC CUSD 255U Pre-K Assistant Teacher, recently graduated from Governor's State University with a Bachelor's Degree in Community Health Education. She completed her internship over the summer with the BAHCC and will be serving as the Parent Sector Rep for the upcoming year.

What has been your most memorable experience in interning for the coalition?

My most memorable experience during my internship was probably getting out into the community to experience one on one moments with people. I enjoyed helping at Summerfest and National Night Out, attending the CADCA conference, and conducting the Key Informant Interviews. I feel that person to person contact is the best way to give and receive information.

The BAHCC has implemented a variety of substance use prevention strategies and initiatives to make population level change. What do you see as the biggest concern in our area and how can the community help to address it?

I feel that the biggest concern currently in our area is underage drinking and vaping among teens. Too much of this happens right in their own homes and at parties. I feel that the community can help to address this issue by getting the word out to parents and teens about the dangers of these issues. However, if alcohol is provided by the parents themselves during parties, then what are we teaching our children???

As the coalition's Parent Sector Rep, how do you envision getting more parent involvement in, and support of, the coalition's work in our community?

I think the best way to get parents involved would be to invite them to the monthly meetings and/or personally talking to them about BAHCC, explaining to them what it's about and how they play a role in our community. Social media is also a great way to help spread the word.

What tip would you offer to parents to help them prevent youth substance use ?

Communication is the key between parents and teens. You will not always know where they are and what they are doing at all times, however it is very important to have positive conversations with your children. Know who their friends are and know their friend's parents as well. Children/teens need boundaries, but they need to understand why they are needed and why they are important.

YOUR VOICE MATTERS

YOUTH IN PREVENTION

by Shree Woods, DFC Project Coordinator

For many young people today, the word prevention is complex. Some might think that prevention doesn't affect them, and others might not think about it at all.

However, most youth, probably more than ever they are aware of, are actively working to prevent the initiation of substance abuse, on both the individual and community level. The reality is: Youth cannot always see prevention at work, not because it is too small to make enough of a difference, but because it is so big and deeply rooted in their lives that they are a part of it.

Prevention works. It begins by teaching youth how to effectively make a difference in their schools and communities, whether it be with prevention work, leadership skills, or other forms of character building. Spreading this message among strong youth leaders and their peers is imperative to create community-level change. These changes can include decreased levels of favorable attitudes and norms toward the substance, and, of course, decreased use and abuse of the substance.

Youth are the experts of their own experiences and what's going on around them. They can provide key insights to coalition members and leaders to help them effectively reach their peers and create lasting change. Inspiring these skills within youth is powerful, and it shows in the growing pool of data documenting the reduction of substance use and misperception of harm.

The coalition understands the power of youth and values their opinions and insights and to help cultivate that the coalition created a high school group Reed Custer Against Drugs (RAD). RAD is a youth lead group designed to encourage students who are interested in making a positive difference in their school and community while focusing on preventing the initiation of substance abuse and misuse. Throughout the year, RAD participates in national and local prevention efforts and plans several prevention related activities engaging the entire student body as well as encouraging the community to participate.

In an effort to expand the youth initiative this year, the RAD group has included the middle school. While high school and middle school RAD youth are currently meeting together, the goal is to eventually separate and have two sustainable youth groups.

We know working with youth to prevent the onset of substance abuse and misuse gives us the best long-term hope of preventing and reducing alcohol and drug problems. To achieve this, we will need to continue to work together with the youth, the community, other health services and individuals to be successful.

PARENT COMMUNICATION CAMPAIGN

The Braidwood Area Healthy Community Coalition is proud to announce that "The Time Between" underage alcohol prevention parent communication campaign funded by IDHS and SAMHSA will deliver new messages throughout Southern Will County about every six weeks during the 2019-2020 school year. The messages delivered during the campaign are designed not only to educate parents and caregivers on the risks associated with youth alcohol use, but also to empower them to help their children resist the pressure they often get from peers and the media.

As parents, you play a crucial role in influencing your children's alcohol use. You control the availability of alcohol in your household, serve as role models of alcohol use, influence family norms on alcohol use, and set alcohol-related expectations for your children. According to studies by the U.S. Department of Health and Human Services, 68 percent of 13-17 year olds cite their parents as their No. 1 influencer when deciding whether to drink or not. Educating your children on the risks associated with underage drinking and conveying your expectations for their behavior all starts with a simple conversation. These campaign materials are designed to help you start a conversation with your child.

Underage drinking is a problem that affects the entire community. The potential consequences of underage drinking are all too real and potentially long lasting to ignore. Everyone must take responsibility to send a strong no-use message. By working together, we can reduce the acceptance of underage drinking and improve the future of our children.

BAHCC's Mission:
"Working with our neighbors to ensure a promising tomorrow by preventing youth substance use and providing opportunities that promote healthy life choices today."

Red Ribbon Week in Your Home

Did you know...

Children of parents who talk to their teens regularly about drugs are 42% less likely to use drugs than those who don't, yet only a quarter of teens report having these conversations.



Take the National Red Ribbon Campaign Pledge now and be a part of the creation of a drug free America.

PARENT PLEDGE

1. As parents and citizens, we will talk to our children and the children in our lives about the dangers of drug abuse.
2. We will set clear rules for our children about not using drugs.
3. We will set a good example for our children by not using illegal drugs or medicine without a prescription.
4. We will monitor our children's behavior and enforce appropriate consequences, so that our rules are respected.
5. We will encourage family and friends to follow the same guidelines to keep children safe from substance abuse.

YOUTH PLEDGE

I pledge to grow up safe, healthy and drug free by:

1. Understanding the dangers of drug use and abuse.
2. Respecting myself and being drug free.
3. Spreading the word to family and friends about the importance of being healthy and drug free.

WHAT'S HAPPENING AROUND TOWN

Upcoming Meetings & Community Events

2nd Monday of the month @ Wilmington Public Library 6:30 - 8 pm
Wilmington Coalition for a Healthy Community Member Meeting

2nd Tuesday of the month @ 10 - 11 am at Wilmington City Hall
Southern Will County TRIAD

2nd & 4th Wednesdays of the month @ 7 - 8 pm at Old Smokey Building,
Braidwood Park District
SMART Recovery Group

1st Thursday of the month, @ 7 - 8:30 pm at the BAHCC Office
Families in Recovery Addiction Education & Support Group

Every Thursday @ 7 - 8:30 pm at Christian Life Assembly Fellowship Room, 2960 E Division St, Diamond, IL 60416
Overcomer's Outreach

Got Drugs?

Turn in your unused or expired medication for safe disposal

Saturday, October 26, 2019 10 am-2 pm



BRAIDWOOD AREA HEALTHY COMMUNITY COALITION

Braidwood City Hall
141 W Main St.
Braidwood, IL 60408



**RAD
Youth Group**



DisposeRx
A safe, no-cost alternative to flush unused medications.

The BAHCC will provide safe Rx home disposal packets to our community members

You Can Help Stop Medication Abuse



POLICE
BAIRDWOOD



Pill Bottle Recycling
for inclusion in shipments of medical supplies to developing countries

Internet Safety

a conversation

Thursday, October 17 - 6:30
@ Wilmington Middle School

Wednesday, October 23 - 5:30
@ First Christian Church of Wilmington

Friday & Saturday
Oct. 25 & 26

Harvest of Horror Haunted Barn
Godley Park Farm
(North of the tracks at the corner of Rt 129 & County Line Rd)

7 -10 pm

\$8 per person

***** Not Recommended for Young Children *****

Braidwood Lions Club's Annual Halloween Hot Dog Giveaway

Thursday October 31, 2019
4:00pm - 7:00pm.
Under The Lions' Pavilion In The Old Smokey City Park

**Free Hot Dogs - Chips - Popcorn
Hot Chocolate - Lemonade
Hay Rack Rides Around The Park**

Free Halloween Treat Bags For The Kids
Compliments of the
Braidwood Knights of Columbus Council 1574

Stop by the park before or after Trick-or-Treating and get a bite to eat
City of Braidwood Trick-Or-Treat Hours: 4pm — 8pm
* While Supplies Last *
Visit www.braidwoodlionsclub.org for more information

BRAIDWOOD LIONS CLUB

CHRISTMAS TREE SALE FUNDRAISER

STARTING NOV. 22, 2019

LOCATED IN THE WHITMORE ACE HARDWARE PARKING LOT

HOURS: MON. —FRI. Noon—7:00pm
SAT. & SUN. 10am—7:00pm

(While Supplies Last. Daily Hours Of Operations Subject To Volunteer Availability & Subject To Change Without Notice)
We Will Be Open Before Thanksgiving For Early Bird Sales!
Closed Thanksgiving Day

Braidwood Lions Club

In Conjunction with Santa Services

PICTURES WITH SANTA

For Your Children & Fur Babies

DECEMBER 1ST * 1PM TO 5PM

FOR THE CONVENIENCE OF CHILDREN WITH ALLERGIES. CHILDREN'S PHOTOS WILL BE TAKEN FROM 1PM TO 4PM AND PET PHOTOS WILL BE TAKEN 4PM TO 5PM

THIS WILL BE A FUNDRAISING EVENT.
No Set Pricing.
All Donations Collected Will Go Towards New Park Equipment At The Braidwood Lions Park We Are Aiming To Install Special Needs Equipment At The Facility

245 West 1st Street - Braidwood * 815-701-3494

DEC 7
City of Braidwood
Annual Christmas Tree
Lighting
5 PM - 5:15 PM
Across the street from
City Hall.