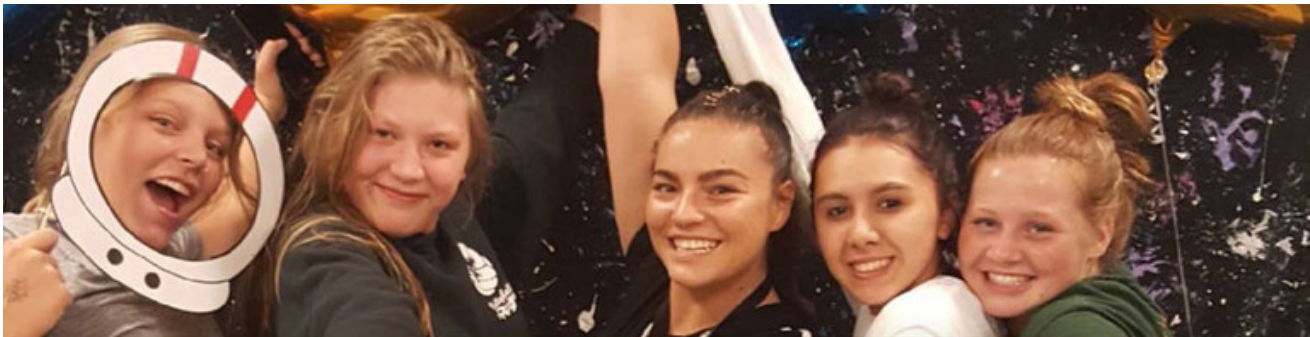


# THE BAHCC BULLETIN



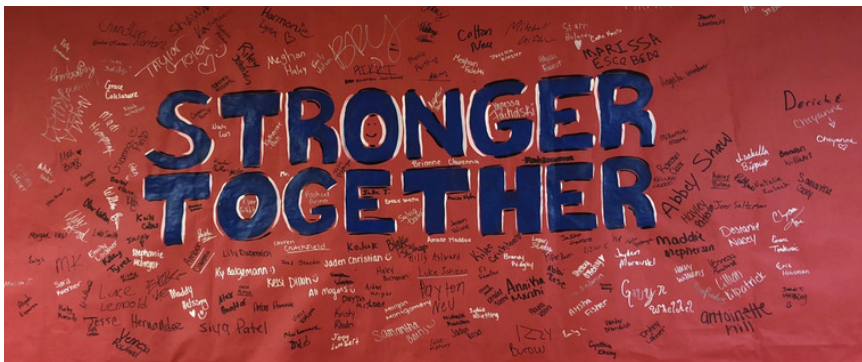
Providing opportunities that promote healthy life choices today.

## RED RIBBON WEEK AT RCHS OCTOBER 22-24, 2018

Report by Marissa Escobedo, President  
Reed Custer Against Drugs (RAD) Youth Group



Red Ribbon Week is a dedicated campaign to bring awareness to the prevention of alcohol, tobacco and other drug use, as well as bullying and violence. With a short week of school. RAD filled the days with activities, games and a guest speaker. Throughout the week, students had the opportunity to sign the banner "Stronger Together" which was designed by Madi Humphrey and Lilliana Rodriguez.



can't on p. 2

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## BE INFORMED!

### What Parents Should Know About Youth Substance Use/Risky Behavior, Part One

Reported by BAHCC Staff

The adolescent years are a crucial stage for both substance use and the development of substance use disorders. Although the adolescent brain systems that govern emotion and reward-seeking are fully developed by this time, the circuits governing judgment and self-inhibition are still maturing. Because of this, teenagers have a tendency to act on impulse, seek new sensations, and be easily swayed by their peers—all of which may draw them to take risks such as trying drugs of abuse.

Many youth may show behaviors in adolescence that are indicative of substance abuse, but can also be considered normal behaviors while growing up. It is important to take notice if there are several signs happening at the same time, if they occur suddenly, and if the behaviors are extreme.

#### Warning Signs of Substance Use/Risky Behavior

##### RED FLAGS

- Mood changes (temper flare-ups, irritability, defensiveness)
- Academic problems (poor attendance, low grades, disciplinary action)
- Changing friends and a reluctance to have parents/family get to know the new friends
- A "nothing matters" attitude (lack of involvement in former interests, general low energy)
- Finding substances (drug or alcohol) in youth's room or personal effects
- Physical or mental changes (memory lapses, poor concentration, lack of coordination, slurred speech, etc.)

**REMEMBER:** Warning signs indicate that there may be a problem that should be looked into—not that there is definitely a problem.

Adolescents may engage in risky behaviors for several reasons:

To fit in      To feel good      To feel better      To do better  
To experiment

Some teens may begin to use drugs because they think others are doing it and worry about being accepted in a social circle that includes drug-using peers. It is not uncommon for adolescents to suffer from depression, social anxiety, stress-related disorders, and physical pain. Using drugs may be a pleasure seeking attempt to lessen these feelings of distress. Additionally, they are often motivated to seek new experiences, particularly those they perceive as thrilling or daring. Often, in our highly competitive society, youth may turn to certain drugs like illegal or prescription stimulants because they think those substances will enhance or improve their athletic and/or academic performance.

Family engagement is an essential component of reducing risks of substance use and improving outcomes for children and youth. It is important that parents, grandparents, and guardians become more aware of what is going on in their kids' world, so that they will make talking about substance use a natural part of their family conversations.

## PREVENTION BEGINS AT HOME

Red Ribbon Week, con't from p. 1

On Monday, we started the day with handing out Smartie candies with stickers that all the students loved. Later in the day, RAD member, Madi Humphrey came up with the idea for Red Ribbon Week, "SAY NO" bingo, which the entire student body played over the intercom during Comet Time and had all the students excited to win and play more. The winners of Dilly Bars were Mr. Cappel and Ms. Baron's Comet Times.



On Tuesday, we had the honor of having a guest speaker, Joe Beckman. He talked about the importance of human connections and what that means. He also presented three sayings/messages of encouragement that stuck with the entire school, "Love You. Push Through. Look Up."

On Wednesday, with support from community members, RAD hosted an Ice Cream Social to recruit new members to RAD. 12 interested students attended.

Thursday was the final day of Red Ribbon Week. All the students were encouraged to wear red. In the student competition, the freshman came in first place winning over all. They were rewarded Dilly Bars from Dairy Queen.

Overall, the week was filled with excitement, learning and building awareness.

The RAD Youth Group is excited to celebrate National Drug & Alcohol Facts Week in January and National Prevention Week in May. RAD has a lot of awesome ideas!

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

## MEETING INFORMATION

Membership meetings are held on the 2nd Monday of every month, except July, from 4:30 - 6 pm in the Community Room at The Center in Custer Park (the old Reed Custer Primary School), 35445 S Washington St, Custer Park, IL 60481

All interested citizens are welcome to attend.

## COALITION EXECUTIVE BOARD

President - Tim Ricketts, RCHS Principal

Vice President - Nick Ficarello, Braidwood Chief of Police

Secretary - Pam Dell'Aquila

Treasurer - Sandra Fletcher

Member at Large - Jim Vehrs, Mayor City of Braidwood

## COALITION STAFF

IDHS SAPS 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

## CONTACT INFO

BAHCC Office

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Email:

[braidwoodcoalition@gmail.com](mailto:braidwoodcoalition@gmail.com)

Check out our website:

[www.braidwoodcoalition.org](http://www.braidwoodcoalition.org)

Follow us on facebook:

[www.facebook.com/braidwoodareahealthycommunitycoalition/](https://www.facebook.com/braidwoodareahealthycommunitycoalition/)

Follow us on twitter:

[twitter.com/BAHCCILLINOIS](https://twitter.com/BAHCCILLINOIS)

## BAHCC HISTORY ... THE EARLY YEARS

by Joni Leigh, Founding Member & Retired Director of Prevention Services, Chestnut Health Systems

Braidwood residents have a sincere, ongoing interest in addressing the issues of substance abuse that plague their community. When the Chief of Police in the nearby City of Wilmington decided to form a coalition in 2006 following a series of heroin overdoses, Wilmington Coalition for a Healthy Community (WCHC) was born with residents of Braidwood at the table. By 2008, these same residents approached the City of Braidwood requesting participation in the creation of their own coalition. On April 14, 2008, this small cadre of residents along with a few state-funded substance abuse experts gave the name of Reed-Custer Healthy Communities Coalition (RCHCC) to the group and began developing vision and mission statements. Notably, RCHCC's vision developed around creating a community center for youth to have a safe place to hang out and to bring otherwise unavailable services and programs to the area. A project chart of activities helped to focus their efforts which included such projects as Safe Homes Parent Network, Neighborhood Watch, promoting school involvement in Illinois Youth Survey, Family Day Campaign, and awareness building at local events such as Summerfest.

Late in 2009 consistent participation fell off, and it was then that Braidwood's H.S. principal, Tim Ricketts, became engaged. He was committed to supporting the parent network and launched, and still supports, Reed-Custer High School's annual post prom. Because he felt strongly that the coalition should be driven by the community, he urged the members to remove Reed-Custer from the coalition name. It was renamed Braidwood Area Healthy Community Coalition (BAHCC) in 2010. Fluctuations in membership continued to threaten the coalition's existence. At one point, when only Principal Ricketts and a local substance abuse prevention professional showed up at a monthly meeting, he asked her, "What should we do? I'm in if you're in," to which she replied, "I'm in." From that time on membership grew and stabilized, positioning the coalition to be eligible to apply for funding from the Illinois Department of Human Services in 2012.

In 2012, under the auspices of Chestnut Health Systems, a local substance abuse agency, the coalition expanded its reach to include the communities of Peotone and Wilmington and applied for funding from the Illinois Department of Human Services. A full-time Coalition Project Coordinator was hired to guide the implementation of the Strategic Prevention Framework. With a well thought out strategic prevention plan and system development plan supported by Illinois Youth Survey data and a data-driven logic model, the partnership continued to grow into a thriving, well-represented organization.

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



# DRUG FREE COMMUNITIES 101

## Local Problems Need Local Solutions

The Drug-Free Communities (DFC) Support Program, created by the Drug-Free Communities Act of 1997, is the Nation's leading effort to mobilize communities to prevent youth substance use. Directed by the White House Office of National Drug Control Policy (ONDCP), the DFC Program provides grants to community coalitions to strengthen the infrastructure among local partners to create and sustain a reduction in local youth substance use.

Recognizing that local problems need local solutions, DFC-funded coalitions engage multiple sectors of the community and employ a variety of environmental strategies to address local substance use problems. DFCs involve local communities in finding solutions and also helps youth at risk for substance use recognize the majority of our Nation's youth choose not to use substances.

To increase local community participation in efforts to reduce substance use among youth aged 12-17, the DFC Program requires funded coalitions to include active participation from the 12 sectors of the community depicted in the graphic below.

In FY 2018, ONDCP awarded 731 grants, the highest number in the program's 20 year history. As a result, DFC funded 156 new, 569 continuation grants for coalitions already in a five-year cycle, 3 new DFC Mentoring grants, and 3 continuation DFC Mentoring grants. With community coalitions in all 50 states, this year's DFC grant awards are the highest in the program's 20 year history – a \$90.9M investment.

[www.whitehouse.gov/ondcp/grants-programs/](http://www.whitehouse.gov/ondcp/grants-programs/)



The BAHCC was recently awarded \$125,000 per year of DFC funding for up to five years, and can apply for a second five year cycle of funding.

## DFC Goal One: Increase community collaboration

**BAHCC System Goal #1:** Increase the number of individuals and organizations that collaborate with BAHCC to reduce and prevent substance use throughout the RC255U School District.

**Objective 1:** Enhance the effectiveness of the BAHCC Board, Leadership, and its members.

**Strategy 1:** Utilize training and education to enhance processes and procedures to govern and strengthen BAHCC as a prevention coalition and non-profit organization.

**Strategy 2:** Establish and implement BAHCC membership recruitment and retention plan.

**Objective 2:** Increase youth involvement in substance use prevention with BAHCC.

**Strategy 1:** Enhance prevention training, skills, and education for Braidwood area youth.

**Strategy 2:** Recognize youth who are involved in prevention activities in the community.

**Objective 3:** Enhance BAHCC's sustainability.

**Strategy 1:** Enhance capacity of the BAHCC to generate funding.

**Strategy 2:** Develop and implement BAHCC Fund Development Plan.

**Objective 4:** Increase community resources that help prevent and reduce substance use.

**Strategy 1:** Work with community partners to improve utilization of "The Center" (former Reed-Custer Primary School Building) as a hub for the prevention and intervention of substance use disorders.

## It's All About The Outcomes!

Outcome measures focus on measuring the results or overall achievements of a program. For instance, the Illinois Youth Survey (IYS) is a tool used by RC CUSD 255U every other year to collect data on substance use trends among our 8th, 10th and 12th grade students. In evaluating this data, the BAHCC can determine the effectiveness of its Youth Prevention Education (YPE) efforts and expand upon lessons that address trends that may be on the increase.

Comparison of the 2016 and 2018 IYS data indicates that E-Cigarette use has become a problematic trend by our youth. For the most part, underage youth are not using tobacco products other than E-Cigarettes or vapes. The data suggests that there is a need for more prevention education based on the increase in E-Cigarette and Vape usage.

### E-Cigarettes & Vapes Parent Resources

Know the Risks: E-Cigarettes & Young People  
e-  
[cigarettes.surgeongeneral.gov/knowtherisks.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/surgeongeneral.gov/knowtherisks.html)

What's the bottom line on the risks of e-cigarettes?  
[www.cdc.gov/tobacco/basic\\_information/e-cigarettes](https://www.cdc.gov/tobacco/basic_information/e-cigarettes)

## MEMBER SPOTLIGHT

### Janie Votta

Janie is a long-time Braidwood resident and the former Director of the Fossil Ridge Public Library District. She has been an active member of the BAHCC since 2016, volunteering at many of our community events, as well as with the Braidwood Police Department's CHANGE program.



What drew you in to join the coalition?

I was very tired of going to wakes and funerals for kids I considered my Library kids. Pete (BAHCC IDHS Project Coordinator) said they were starting a program and I could help. I was aware of the coalition, but I needed my personal grief to get involved.

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

I will never forget my first call to assist with the CHANGE program. A young man was at the police station wanting help. Nick (Braidwood Chief of Police Ficarello) was on the phone trying to find a place for him. I have no training to know what to say or do, but I care. The program was just getting started and I am so happy that now there are professionals that help. That night I just rubbed his feet at the hospital as he was considering his options. It was a 5 or 6 hour process and very intense. I wish I could have been more help as the Police Department developed the program. I know it has saved lives.

I have attended or helped at activities for the Coalition ... parades, at the high school for new freshman and their parents, at the city park, etc. I also will talk about the work the coalition does at a drop of a hat.

The BAHCC has implemented substance use prevention strategies and initiatives to make population level change. What problems still exist in our community that the BAHCC could help to eradicate?

There will always be alcohol and drugs .. I believe the coalition's work will never be done! But it is nice that Braidwood and the area has a much better reputation now.

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

I worry and fret over all children. I have grands myself. I think it is important encourage your children to stay active in school, sports, scouting, volunteering ... and pay attention to their friends and their friends' families.

# JOIN US

# WHAT'S HAPPENING AROUND TOWN

## Upcoming Events Sponsored by Our BAHCC Partners

Now through December 7, 2018

Toys for Tots - Drop off your donations of new, unwrapped toys at The Center in Custer Park on Mondays, Wednesdays, or Fridays from 9 am - 1 pm.

Starting Friday November, 23, 2018

Braidwood Lions Club Christmas Tree Sale Fundraiser in the Whitmore Ace Hardware Parking Lot: M - F: Noon- 7 pm & S-S: 10 am - 7 pm (While Supplies Last)

Saturday, Dec. 1, 2018

"Rockin Around the Clock" Lighted Parade sponsored by the Braidwood Chamber of Commerce - Town Christmas Tree Lighting @ 5:00 pm next to the Memorial at Reed Township Mosquito Abatement. Parade will begin at approximately 5:30 pm. Line up on Mitchell St. @ 5 pm. Route is Main St to RCES. If you would like to participate in the parade, please email your request to mgserena5@gmail.com prior to November 19, 2018. You must check in on the evening of the parade. Any questions, please contact either Chris Osterfund- President @ (815)458-3136 or Michelle Axiom-Vice President @ (708) 769-4758

Sunday, December 9, 2018

Ready, Set, Breakfast! Fundraiser 8 am - Noon at The Center in Custer Park  
Menu Items will include: Biscuits and Gravy, Eggs Made to Order, Sausage, Hash Browns, Coffee and Juice. Donations accepted. Proceeds to benefit Operational Costs of The Center

Wednesday, January 9, 2019

Northern Illinois Food Bank Mobile Pantry from 4 - 6 pm at The Center in Custer Park. Free food is provided to those in need while supplies last. Please bring your own bags and boxes.

Saturday, February 23, 2019

T.E.A.C.H. Outdoors Banquet at Jennifer's Garden, 555 Gore Rd., Morris, IL 60450. Doors open @ 5 pm. Dinner @ 6:30 pm. Tickets are \$35.00. and can be purchased by contacting "Smitty" at 815-341-4001.

## Local Recovery Support Groups

Smart Recovery

Meets on the 2nd & 4th Wednesdays of the month @ 7 pm at Old Smokey Building, Braidwood Park District

Heroin Anonymous

Meets every Friday @ 7:30 pm at First United Methodist, 401 East Kahler Rd, Wilmington

AA Women's Group

Meets every Friday @ 10 am at the Center in Custer Park

Check out our Support Group Pocket Directory on the Resource page on the BAHCC website: [www.braidwoodcoalition.org](http://www.braidwoodcoalition.org)

## Local Senior Citizen Groups

WCSO Southern Will County TRIAD

Meets on the 2nd Tuesday of the month @ 10 am at Wilmington City Hall

The Center in Custer Park Seniors

Meets on the 1st Monday of the month @ 11 am at The Center

Senior Walkers Group

Meets every M, W & F from 10 am til noon at the Center in Custer Park

Braidwood Seniors

Meets on the 4th Monday of the month (except December) @ 10:30 am at Reed Township Building

## Holiday Celebrations: A Perfect Time to Talk to Our Kids About Alcohol Use

We all look forward to celebrating the holidays with our families and friends. When alcohol is a part of our holiday traditions, it is important to remember that what our youth see occurring in in our homes as we celebrate is often emulated in their actions .

As gratifying as it is to spend our holidays with family and friends, The Illinois Family Resource Center reminds us that we, as responsible adults, must think about how the youth in our families view the tradition of alcohol use at our holiday gatherings. When our youth witness adults around them drinking alcohol, it may give them the impression that alcohol consumption is harmless and it may be more likely our youth will think there is nothing wrong with consuming alcohol themselves during holiday celebrations.

Understanding that youth often respond to examples set by adults in their lives, we must recognize the importance of talking to them about alcohol use at celebrations, parties, and social events. Help protect your teen, ensure that they are aware of the risks.

For Tips on How to Talk to Your Child About Drugs, go to:

[drugfree.org/article/how-to-talk-with-your-teen/](http://drugfree.org/article/how-to-talk-with-your-teen/)

