

# THE BAHCC BULLETIN



## RAD YOUTH GROUP LEADERSHIP DEVELOPMENT AT CEBRIN GOODMAN TRAINING INSTITUTE



Report by Marissa Escobedo, RAD President

### What We Accomplished:

During the weekend of CGTI, we mostly focused on planning for National Drug and Alcohol Facts week. We made posters on drug and alcohol facts to display at school. Throughout the week, RCHS students were informed of different facts on morning and lunch announcements and via social media tweets.



Did you know that cigarette smoking is responsible for more than 480,000 deaths per year? [#NDAFW](#)

con't on p. 2

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# BE INFORMED!

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

Reported by BAHCC Staff

A young person's chance of developing a mental and/or substance use disorder is influenced by many factors over their lifespan. These factors are composed of influences in different domains of life.



Risk factors are those elements in a young person's environment that increase the likelihood of them engaging in health compromising behaviors. Protective factors buffer against risk in otherwise adverse circumstances by either reducing the impact of risk, or changing the way a child or young person responds to it. Research shows that the risk for substance abuse and other adverse behaviors increases as the number of risk factors increases, and that protective factors may reduce the risk of youth engaging in substance use that can lead to substance abuse.

RISK FACTORS	PROTECTIVE FACTORS
<ul style="list-style-type: none"> <li>Chaotic home environment</li> <li>Ineffective parenting</li> <li>Little mutual attachment and nurturing</li> <li>Inappropriate, shy, or aggressive classroom behavior</li> <li>Academic failure</li> <li>Low academic aspirations</li> <li>Poor social coping skills</li> <li>Affiliations with deviant peers</li> <li>Perceived external approval of drug use (peer, family, community)</li> <li>Parental substance abuse or mental illness</li> </ul>	<ul style="list-style-type: none"> <li>Strong family bonds</li> <li>Parental engagement in child's life</li> <li>Clear parental expectations and consequences</li> <li>Academic success</li> <li>Strong bonds with pro-social institutions (school, community, church)</li> <li>Conventional norms about drugs and alcohol</li> </ul>

SOURCE: US Department of Health and Human Services, National Institutes of Health, National Institute on Drug Abuse, (1997) Preventing drug use among children and adolescents: A research-based guide. NIH Publication No. 97 - 4212.

It is important for parents and communities to understand that risk factors do not determine a child's destiny – instead, they provide a general gauge as to the likelihood of drug or alcohol use. By addressing risk factors early, paying careful attention to children at higher risk, and targeting our community's prevention efforts to reduce risk factors and strengthen protective factors, we can reduce our children's likelihood of a future problem with drugs or alcohol.

To find out more about risk and protective factors across the lifespan:  
<https://www.samhsa.gov/capt/practicing-effective-prevention/prevention-behavioral-health/risk-protective-factors>

<https://youth.gov/youth-topics/substance-abuse/risk-and-protective-factors-substance-use-abuse-and-dependence>

## PREVENTION BEGINS AT HOME

CGTI Weekend, con't from p. 1

We also had the opportunity to begin to plan activities for National Prevention Week in May. We have some goals we want to accomplish such as getting a guest speaker and passing out candy with drug facts messages attached. Our plans include playing SAY NO bingo during Comet Time since it was such fun game that the entire school loved during Red Ribbon Week and orchestrating another "Death Day" event to dramatically challenge our peers to think about the dangerous consequences of drinking and drug use.



Holding a Pinball or Dodge ball tournament (Knock out Drugs) is a new activity we would like to include in this year's National Prevention Week activities.

Among the topics discussed during our planning sessions was the possibility of hosting a 5K during the next school year to raise money to help support the RAD Youth Group's leadership training opportunities and implement our activities at RCHS.

### What I Learned:

While at CGTI, I attended a workshop on the Opioid Epidemic. I learned that 48% of people take prescription drugs such as vicodin, oxycodone, hydrocodone, and codeine. 11 million people are dependent on opioids, including heroin.

When opioids are consumed, they attach to receptors in the brain and dopamine is released to the brain's pleasure center. Abuse and addiction happen as the brain gives signals to chase the feeling of euphoria. People who are addicted to opioid pain killers are 4x more like to become addicted to heroin.

RAD is "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

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Check out our website:  
[www.braidwoodcoalition.org](http://www.braidwoodcoalition.org)

Follow us on facebook:  
[www.facebook.com/braidwoodareahalthycommunitycoalition/](https://www.facebook.com/braidwoodareahalthycommunitycoalition/)

Follow us on twitter:  
[twitter.com/BAHCCILLINOIS](https://twitter.com/BAHCCILLINOIS)

## BAHCC HISTORY ... MOVING FORWARD ON PROJECT IMPLEMENTATION

by Pete Dell'Aquila  
 IDHS Grant Project Coordinator, DFC Program Director

Through the years, programs, funding, data and culture all change. This we know. As the coalition has grown and learned, we have adapted and changed our programs in response to our community's needs. Our focus has evolved since our state funding began in 2012 from strictly youth alcohol prevention program and activity efforts to the inclusion of both substance use and mental health prevention, intervention and recovery initiatives. One of the main drivers in the ability to expand our endeavors is due to the fundraising efforts of both the coalition and its' generous partners Exelon Braidwood Generating Station, the Braidwood Police Department Charity Fund, and the Godley Park District. Grant funding from the Community Foundation of Will County, the Southwest Coalition for Substance Abuse Issues, the AmerisourceBergen Foundation, Walmart, and state and federal governments has established the foundation for our core programs and their adaptations. Additionally, in-kind matches from the Braidwood Park District and the Godley Public Water District have allowed for the use of meeting space for several of our programs.

### Prevention Program Highlights:

- \* The evidence-based Youth Prevention Education programs offered in our schools have been broadened to include lessons on opioids and Rx Over-the-Counter and prescriptions in response to the crisis affecting our nation.
- \* The RCHS RAD Youth Group is flourishing and their commitment to planning and implementing drug awareness activities and programs has made a positive impact on their peers.
- \* Bi-annual Medication Take Back events have served as an opportunity to share safe disposal methods and educate the public on Rx abuse.

### Intervention Initiative Highlights:

- \* The joint efforts of the coalition and the Braidwood Police Department resulted in the implementation of the C.H.A.N.G.E. program designed to provide immediate response to those suffering from substance use and mental health disorders by connecting them to detox and treatment services.
- \* Sponsorship of the T.A.K.E. Charge Art Therapy program, facilitated by 515 Fitness, Inc., gives area residents of all ages the opportunity to use the creative process to help explore and reconcile their emotions, develop self-awareness, reduce anxiety, cope with trauma, manage behavior, and increase self-esteem.
- \* In collaboration with RC CUSD 255U, an updated Athletic Code Policy was developed with the option for students in violation of the Substance Use policy to receive intervention services in lieu of athletic or extra-curricular suspension.

### Recovery Program Highlights:

- \* The BAHCC has published pocket resource guides for both Substance Abuse and Mental Health Treatment and Support Group information, which are available in print and on the coalition website.
- \* The coalition sponsorship of SMART Recovery and the Families in Recovery Addiction Education & Support Group offer local support to anyone struggling with addiction and to their family members and friends.

We have a dynamic membership consisting of over 15 sectors in our community. We pride ourselves on giving any resident that cares to make a difference the opportunity to share their visions for new programs and initiatives and advocate for support of initiatives spearheaded by others that provide our entire community with the services they need.

I encourage you to join us at our monthly meetings to make a lasting impact in the community. Come meet our team to find out first hand how you can make a difference.

# DRUG FREE COMMUNITIES 101

## CADCA's Leadership Forum

by Shree Woods, DFC Project Coordinator

CADCA's National Coalition Institute was established by Congress in 2001 as part of the Drug-Free Communities Support Program. This federal grant funded branch of CADCA is the vehicle for coalition training, coalition development support, evaluation, research and capacity building to support coalition specific substance abuse prevention and policy work.

CADCA offers a variety of training opportunities, from conference-style training events to its signature National Coalition Academy to statewide and coalition-level trainings to online courses and webinars. CADCA's National Leadership Forum was a 4-day conference packed with many opportunities to learn the latest strategies to fight substance abuse and hear from nationally-known experts and policymakers. The Forum was held in the Washington, DC area the first week of February, bringing together more than 2,700 participants representing community anti-drug coalitions, government leaders, youth, addiction treatment professionals, researchers, educators, law enforcement professionals, youth and faith-based leaders.

The conference started with the Substance Abuse and Mental Health Service Administration (SAMHSA) celebrating its 15th Annual Prevention Day in conjunction with the kick-off of CADCA's 29th National Leadership Forum. SAMHSA's Chief Medical Officer presented on national policy lab and office updates, how SAMHSA prevention grants can help reduce opioid overdose related deaths, the science and non science of marijuana, and e-cigarette use among today's youth and young adults.

General Arthur T. Dean, Chairman and CEO of CADCA



My objective at the Forum was to attend sessions focusing on youth. During the "Youth Engagement Matters" breakout session, my major takeaways were:

Coalition sustainability is based on the recruitment, engagement and retention of the youth.

Youth need to buy into what the coalition is doing. We shouldn't be a slave to our grant objectives. The coalition can't push an adult agenda on youth.

Starting in elementary school, we should allow youth to grow with coalition and grow into leadership roles.

Youth should be at ALL meetings because that's where decisions are made.

Allow youth to help make coalition agenda.

Coalition meetings don't always have to be business. We need to take time during meetings to get know our youth.

It is important that we seek feedback from the youth.

In my capacity as the DFC Project Coordinator, and as a result of what I learned in this session, I have set a personal goal to increase our youth engagement. My plan is to first get our Middle School youth involved as a sub-group of the RCHS RAD youth group and the BAHCC, and then expand the opportunity to include our elementary school students.

## DFC Goal Two: Reduce Youth Substance Abuse

BAHCC Prevention Plan Goal 1:  
Reduce Underage Drinking.

Objective 1: Reduce parents providing alcohol to underage youth

Strategy 1: Educate parents about the dangers of underage drinking and the importance of setting clear rules.

Strategy 2: Provide parents support to enhance their abilities to keep kids' safe & drug free

Objective 2: Reduce the number of youth who report receiving alcohol from any social source (excluding

Strategy 1: Educate the community about the dangers and laws of underage drinking.

Strategy 2: Address community policies that impact adult provisions of alcohol to minors.

BAHCC Prevention Plan Goal #2:  
Reduce Misuse of Prescription  
Drugs by Youth

Objective 1: Increase the perceived risk of prescription drug misuse by youth.

Strategy 1: Educate youth about the dangers of prescription drug misuse.

Strategy 2: Provide support in decision making around prescription drugs

Objective 2: Reduce availability of prescription drugs for misuse by youth

Strategy 1: Increase effectiveness of drug take back programs and events

In the next newsletter, look for examples of activities that are being implemented in order to meet our goals and objectives.

## Program Spotlight: T.A.K.E. Charge Art Therapy

### Determining the Need for Services

Utilizing data collected in the 2016 Illinois Youth Survey and the 2017 Will County Community Health Needs Assessment, which reported that Southern Will County is an area with a shortage of mental health providers, the BAHCC saw the need to address the prevalence of mental health concerns among area youth and adults & the barriers of cost, wait and distance they face in accessing mental health services. Lack of services affect daily living for residents with undiagnosed and under-treated behavior health issues. The disparity in service availability, and the difficulties in obtaining those services that are available showed strong evidence for the need for a variety of local mental and behavioral services.

### But, Why Art Therapy?

Art therapy, based on the premise that visual symbols and images are the most accessible and natural form of communication to the human experience, encourages self-discovery and emotional growth. It is a two-part process, involving both the creation of art and the discovery of its' meaning. Participants are encouraged to visualize, and then create, the thoughts and emotions that they can't express verbally. The resulting artwork is then reviewed, and its meaning interpreted by the participant. The analysis of the artwork typically enables the participant to gain some level of insight into their feelings and allows them to work through these issues in a constructive manner.

### A Collaborative Effort

Grant funding received from the Community Foundation of Will County has allowed the BAHCC to partner with 515 Fitness, Inc. to provide this alternative mental health service at little or no cost to youth and adults in our area. Preliminary 6 week sessions are nearing completion and new sessions are being arranged. Anyone interested in participating in the program is encouraged to register with 515 Fitness, Inc. at 630-352-7267

# JOIN US

## MEMBER SPOTLIGHT

### Tonya Cavanaugh



Tonya, a Braidwood native, has been involved in the medical field in various capacities since her graduation from RCHS. She has been a Cardiac Rehab nurse at Morris Hospital since 2012 and with the Braidwood Fire Department since 1998, where she currently serves as the Assistant EMS Coordinator. Since becoming a member of the BAHCC in April 2018, Tonya has jumped in with both feet to volunteer and promote the BAHCC at community events, and, in cooperation with Braidwood Fire Department Chief Eggers, provide the coalition with valuable information and resources.

What drew you in to join the coalition?

Actually, my Chief mentioned one day about participating with him "to see what it's all about". I have been here since.

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

The Family Day event that was sponsored by the Coalition is one of my most favorite. I am really excited to see what is in store for RCHS students this Prom season and this coming year.

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?

We, as a fire department, have begun using a reporting system call OD Maps. I input "all types" of "overdoses" and report each month to the coalition. It surprises me every time that its not just the teens or young adults that are abusing drugs, alcohol, over the counter medication, or mixing these. Most routinely these overdoses are middle age and older. If these parents are doing this, our young children are really going to think that it is the way of life and follow in the parents' footsteps. Unfortunately, this is our society now and we need to make that change as an organization .

What do you enjoy doing in your time away from your work at the hospital and fire department?

I don't have much time it feels like on most days but I do love to spend time with my husband of 22 years, Chris, and our 2 children, Bret (12) and Ryan (18). We spend time shooting trap, fishing, or just walking the creeks. We love to ride 4-wheelers on my parents' property in Missouri and wish we could visit more often. I also love to ride, as a passenger, on my husband's motorcycle.

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

This is a very tricky question because what works for one may and probably will not work for another. My parents and all of my family members for that matter talked openly about drug use and the negative affects it had "even with one try". It was not a taboo to speak of and we talked openly and frequently about positive choices. Children are NEVER TO YOUNG to start hearing about how detrimental these substances are. Don't be a parent that says "do what I tell you NOT what I do." It doesn't work that way. As infants children begin looking up to their parents as their heroes. Don't make them second guess their beliefs. Start early and speak frequently about it. Don't make it taboo!

## WHAT'S HAPPENING AROUND TOWN

### Upcoming Events Sponsored by the BAHCC & Our Partners

2nd Sunday of the month @ The Center in Custer Park - 8 am - 1 pm  
Fundraiser Breakfast. Free will donations appreciated.

Every Monday @ The Center in Custer Park - 10 am - Noon  
Senior Walkers Group

1st Monday of the month @ The Center in Custer Park 11 am - 12:30 pm  
Senior Potluck Lunch & Speaker

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

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

1st Thursday of the month @ 7 pm at The Center in Custer Park - 7 - 8:30 pm  
Families in Recovery Addiction Education & Support Group

2nd Thursday of the Month @ Fossil Ridge Public Library - 1 pm  
Senior Movie Matinee

4th Thursdays of the Month @ Fossil Ridge Public Library 5-7 pm  
Teen Nights -6th -12th Grade

Every Friday @ Fossil Ridge Public Library - 3:30 -4:30 pm  
Lego Club

Saturday, March 2, 2019 @ Godley Park District - 9 am - 1 pm  
Melissa's Closet & Krystal's Jewelry Box - Prom Dresses - \$5.00 Shoes Accessories, & Purses - \$1.00. All Students are welcome.

Fridays, March 8 - April 12, 2019 @ Godley Park District - 5 - 7 pm  
Fish Fry Fun! Serving fish, frog legs, shrimp, and chicken strips. Prices vary.  
Friday, March 8 - Family Fish Fry (inflatables)  
Friday, March 15  
Friday, March 22  
Friday, March 29 - Family Fish Fry (inflatables)  
Friday, April 5  
Friday, April 12

April 12- 14, 2019 @ Fossil Ridge Public Library during Library hours  
8th Annual Teen Art Exhibit  
The public is also invited to attend an Artist's Reception on Saturday, 4/13 @ 11:00 am - 2:00 pm to meet the artists and enjoy refreshments.

Saturday, April 13, 2019 @ Old Smokey City Park 12- 1:30 pm  
Annual Children's Easter Egg Hunt - Sponsored by the Braidwood Park District & Braidwood Lions Club  
Easter Basket Raffle Registration begins at Noon under the Baseball Pavilion Hunt Begins promptly at 1:00 pm. Children will be divided into the following age groups:  
0-3 years (area between baseball & softball fields)  
4-6 years (north boys baseball field)  
7-9 years (south girls softball field)  
Parents are encouraged to bring their cameras for pictures with Mr. & Mrs. Easter Bunny before or after the hunt. Treat bags will be given out after the hunt to all children who attend (\*while supplies last\*).

## St Patrick's Day: A Great Opportunity to Talk to Our Kids About Alcohol Use



St. Patrick's Day is a holiday known for good music, delicious food and fun ... and excess drinking. Your kids are watching - or they could be participating.

Contrary to popular belief, kids do listen to their parents. What you say and how you act matters! Holidays like St. Paddy's Day are a great opportunity to talk with your teen about alcohol and begin shaping healthier behaviors.

The Partnership for Drug-Free Kids offers the following great advice:

Set clear expectations about avoiding alcohol—and remind them of the risks of underage drinking

Appeal to their self-worth by letting them know that they have a lot going for them and don't need alcohol to have a good time

Be upfront and open about any family history of alcoholism or substance abuse

Celebrate safely with family by watching parades, making green pancakes and smoothies, or listening to traditional Irish music

Visit the Partnership website <https://drugfree.org/> for lots more resources designed to empower teens to avoid alcohol and drugs every day, including "Above the Influence", their youth-serving program that reaches over 1.6 million teens through social media and community-based partnerships.