

THE BAHCC BULLETIN



REFLECTIONS: MARISSA'S BAHCC INTERNSHIP

Marissa Escobedo, the 2017-2018 & 2018-2019 President of the BAHCC's Youth Group "Reed Custer Against Drugs" (RAD) was selected to serve as the first-ever intern to the Braidwood Area Healthy Community Coalition. The experience allowed her to plan, participate in, and learn from a variety of drug and alcohol prevention programs and activities; to amplify her leadership abilities, and to broaden her communication skills.

During her internship, she and the BAHCC Project Coordinator, Shree,, team-taught "Too Good for Drugs" to the 5th graders at RCES. They facilitated lessons on how to maintain a healthy lifestyle and friendships. Students learned effective ways to say no to drugs and peer pressure in role-play activities. She also had the opportunity to co-teach "Towards No Drug Abuse" with Mr. Ricketts and Shree to the RCHS freshmen. The lessons and interactive activities at this level emphasized the same skills and information as are presented at the lower grade levels, but in much more depth. Through her experience at the schools, she came to realize the importance of teaching kids, starting at an early age, the skills and facts they will need to make informed decisions in later life, and of continually reinforcing these lessons.

con't on p. 2

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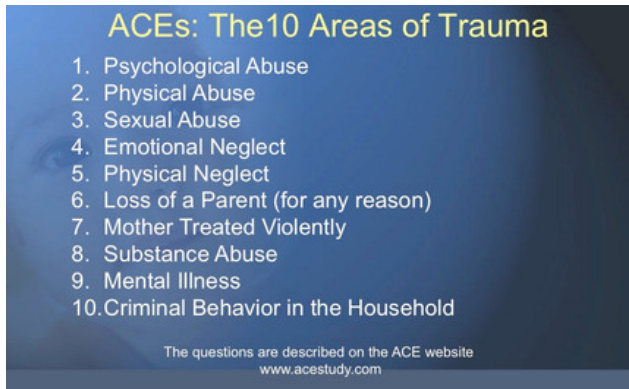
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BE INFORMED!

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

Reported by BAHCC Staff

There is a strong correlation between childhood trauma and drug abuse later in life. Adverse Childhood Experiences (ACEs) include a variety of stressful situations faced in childhood (under age 18).



The effects of childhood trauma on drug abuse were documented in the Adverse Childhood Experiences (ACE) study which measured childhood traumas in doses, or ACEs. These adverse experiences included not only what we would commonly consider "trauma" such as abuse and neglect, but also difficult and more common life experiences such as parents' divorcing, living with a substance abuser, or the death of a parent. The study found that the more categories of adverse experiences a person was exposed to, the higher the risk for a host of problems, including illness, incarceration, and substance abuse.

ACEs are common across all populations. Almost two-thirds of study participants reported at least one ACE, and more than one in five reported three or more ACEs. Some populations are more vulnerable to experiencing ACEs because of the social and economic conditions in which they live, learn, work and play.

Our body has stress systems to protect us so that when faced with a scary situation, we are ready to run and hide. This "fight or flight" response can be triggered whenever a child is scared of any number of things such as dogs, the dark, or spiders. This same system can also be turned on when a child experiences any adverse experience. ACEs are likely to last longer than a single moment, which causes children's stress systems to be turned on for a long time. When this happens, the stress becomes "toxic" to their overall health.

The presence of ACEs does not mean that a child will experience poor outcomes. However, children's positive experiences or protective factors can prevent children from experiencing adversity and can protect against many of the negative health and life outcomes even after adversity has occurred. This is why it is important to address the conditions that put children and families at risk of ACEs and build their resilience so that we can prevent ACEs from becoming toxic.

Resilience is the ability to thrive, adapt and cope despite tough and stressful times. Resilience is a natural counter-weight to Adverse Childhood Experiences (ACEs). The more resilient a child is, the more likely they are to deal with negative situations in a healthy way that won't have prolonged and unfavorable outcomes. Resilience is not an innate characteristic, but rather is a skill that can be taught, learned, and practiced. Everybody has the ability to become resilient when surrounded by the right environments and people.

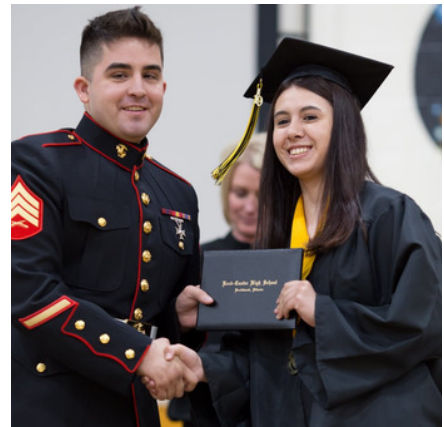
PREVENTION BEGINS AT HOME

Reflections, con't from p. 1

Marissa also had the opportunity to conduct Key Informant Interviews with a wide range of people in the community to help the coalition collect qualitative, in-depth information regarding their awareness of the BAHCC, its role in, and benefit to, the community; and of their interaction or involvement with the coalition.

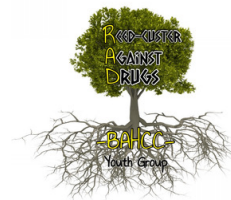
The BAHCC thanks Marissa for her dedication to the missions of the coalition and RAD.

Semper Fi!



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."



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

Membership meetings are held on the 2nd Monday of every month, except July, from 4:30 - 6 pm
Meeting location to be determined (Location will be posted on the coalition's facebook page prior to each month's meeting)

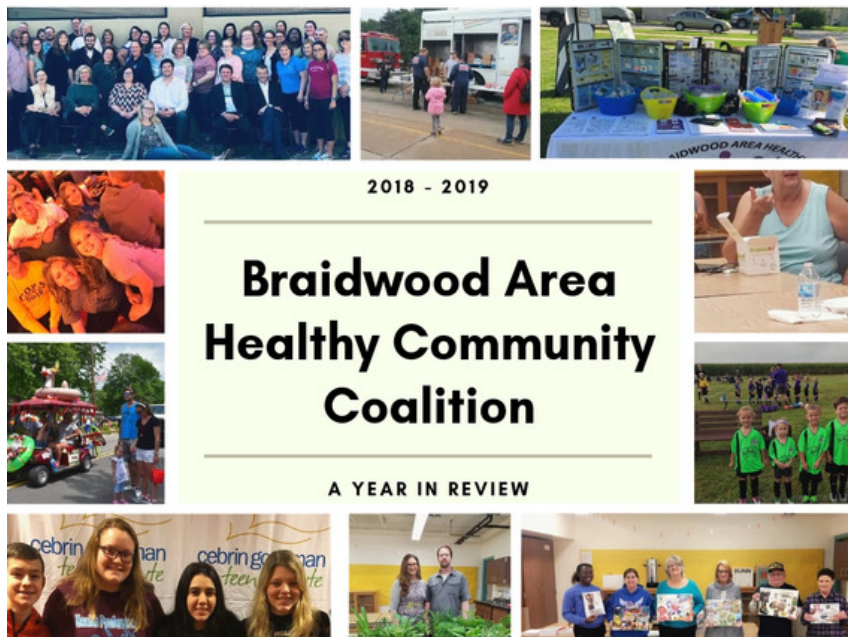
COALITION EXECUTIVE BOARD

COALITION STAFF

CONTACT INFO

Follow us on twitter:
twitter.com/BAHCCILLINOIS

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



Each June, the BAHCC Executive Board and members set goals for the upcoming year. It was determined that promoting the coalition and increasing awareness of substance use were priorities for 2018 - 2019.

In our work to achieve these goals, the BAHCC actively participated in events throughout our community during the past year. We provided information about the coalition & substance use, and distributed Safe Drug Disposal packets to area residents during the Red Carpet Corridor, Braidwood Lions Summerfest, Braidwood Police Department's National Night Out, Braidwood Fire Department's Open House, and at monthly breakfasts held at The Center in Custer Park.

We proudly sponsored the Summerfest Baby Contest, an Under 6 Reed Custer Soccer Club Team, a SMART Recovery Support Group and a Families in Recovery Addiction Education & Support Group, Youth and Adult Art Therapy sessions facilitated by 515 Fitness, Inc. in conjunction with a grant awarded to the BAHCC from The Community Foundation of Will County; entered a float in the Summerfest Parade, winning 1st place in the golf cart category; rolled out the BAHCC Bulletin, our quarterly newsletter; and provided funds from our DFC grant to sponsor drug & alcohol free activities at Bowlero for the RCHS Post Prom attendees.

The coalition co-sponsored National Drug Take Back Days with the Braidwood Police Department, at which over 22,000 pills were collected & disposed of; Family Day with the City of Braidwood, and hosted a Narcan training session, facilitated by Dr. Kathleen Burke, Director of the Will County Executive Office of Substance Use Initiatives, at City Hall.

Additionally, our members willingly volunteered with the Northern Illinois Food Bank distribution events held at the Center in Custer Park and with the Malcolm Mayo VFW Post 5422 Queen of Hearts raffles.

I encourage any interested citizen to become involved with the important work we do in our community.

NATIONAL PREVENTION WEEK

by Shree Woods, DFC Project Coordinator

National Prevention Week is an annual health observance dedicated to increasing public awareness of, and action around, mental and/or substance use disorders.

Each year, National Prevention Week includes daily themes to focus on major substance use and mental health topics. The 2019 daily themes are:

- Monday, May 13: Preventing Prescription and Opioid Drug Misuse
- Tuesday, May 14: Preventing Underage Drinking and Alcohol Misuse
- Wednesday, May 15: Preventing Illicit Drug Use and Youth Marijuana Use
- Thursday, May 16: Preventing Youth Tobacco Use
- Friday, May 17: Preventing Suicide

This year Reed Custer High School participated in National Prevention Week in several ways. Throughout the week, one fact aligning with the daily theme was shared with the entire student body via morning announcements, as well as through the RAD group's twitter.

On Thursday, the Braidwood Area Healthy Community Coalition sponsored guest speakers Jalen and Isiah from Evolve initiative. Jalen and Isiah were suggested to the coalition by RAD group members that attended CGTI mid-year in January. Jalen and Isiah's message to the students was to always follow your moral compass, to continue to work on your goals, and to surround yourself with the kind of people you want to be. Their presentation was interactive, fun, and the students seem to be receptive to their message.



To culminate National Prevention week on Friday during Comet Time, the RAD group decided to bring back "Say No" bingo which was a big hit during Red Ribbon week. "Say No" bingo is played similarly to regular bingo except the board reads "Say No" instead of bingo. The Comet Time that won had to share two drugs facts before receiving their prize.

Although not every activity the RAD group had planned was able to be implemented due to other school activities, overall National Prevention Week was a success.

BAHCC 2019 Scholarship Recipients

The BAHCC has awarded \$500 scholarships to three deserving RCHS Class of 2019 graduates who will be continuing their education in the fall. To qualify for the scholarships, the applicants were asked to include information on their involvement in the community, in school activities, and in alcohol and other drug prevention activities, and to submit a 1-2 page essay addressing the following questions: Why should you be awarded this scholarship?; Why did you make the choice to be alcohol and drug-free?; Why is it important to participate in substance use prevention efforts?; How do you plan to continue being alcohol, tobacco, and drug-free?; and How do you see the role of youth in future substance use prevention efforts?

Awards were presented by Project Coordinator, Shree Woods Salazar, on May 14, 2019 to:

- Madison Humphrey - Missouri State University
- Jordan Scholtes - Joliet Junior College
- Kyle Fuller - Bradley University



The BAHCC congratulates these fine young people on their many accomplishments at RCHS and wishes them continued success as they pursue their educational goals.

Opportunity Knocks: Strengthening Our Community Connections

The BAHCC has the opportunity to create a more connected community by utilizing the almost 5500 square foot former Doc's Corporate Office space... right next door to our new coalition office. The space could potentially become a public use venue where community members go for a variety of reasons, including attending meetings, socializing, participating in recreational or educational activities, and seeking counseling or support services.

Do you agree with the following statement?

"Braidwood deserves a facility that can really become the focus of community life, that caters to the needs and interests of everyone in the community and surrounding area, and which is able to offer a variety of activities and social services in a flexible way."

Because buy-in is necessary from community partners, individuals and businesses for us to be able to move forward in creating a place that offers recreational & learning activities, opportunities to explore creative expression & personal development, and resources & services for families and people in need, the coalition would appreciate your input.

Over the next few months, the BAHCC will be conducting a survey of area residents to determine the need for the space and the programs, activities & provisions that would be of greatest interest & benefit to the community. Participants will be asked for suggestions regarding preparing the space to meet the community's needs and supporting its operational costs.

To schedule a time to see the space and/or to receive a paper copy of the community survey, please call our office or email: us at: braidwoodcoalition@gmail.com

An online survey link will be posted on our facebook page & be available for your input from June 9 through July 21, 2019.

YOUR VOICE MATTERS

MEMBER SPOTLIGHT

Jackie Blake Prebe



Jackie, a Joliet native and current resident of nearby Manhattan, is retired from Joliet Junior College after 30 years in Information Technology. She is married to her husband Chris of 35 years and they are the proud parents of two adult daughters. She is actively involved helping to facilitate several support groups. She also enjoys spending time with her family, traveling, scrapbooking, cross-stitching and reading.

What drew you in to join the coalition?

I met Pam at the Will County Fair a few years ago & we struck up a conversation about substance abuse prevention and recovery. She invited me to come to a meeting and I was so impressed with all that the Coalition has done and is doing, I wanted to be a part of this group.

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

Being given the opportunity to start a Family Support Group sponsored by the coalition for those that have loved ones struggling with the disease of addiction and/or are in recovery. So many people feel they are alone in this battle and I want them to know they are not alone. There are many others that care, understand, and will do anything they can to help.

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 think that the stigma associated with addiction needs to be eliminated. No one should feel ashamed or afraid for people to know they are dealing with it. Addiction is a disease and can happen to anyone anywhere. Education about addiction is so important. People should let their friends and family members know they won't judge them and they will be there for them if they ever have to deal with it. We also need to continue educating children about addiction at least by the time they are in middle school.

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

Don't be the parent that thinks or says "not my child". Be educated. I have come to know many people struggling with addiction. They come from good, involved families and are honor students, athletes, Boy Scouts and Girl Scouts., they go to church, are gifted musicians and artists, people that always participated in activities. No one ever wants to grow up to be an addict. Young kids make mistakes and believe nothing bad will happen to them. Unfortunately, this one mistake can have lifelong consequences. No one is immune.

FAMILIES IN RECOVERY ADDICTION EDUCATION & SUPPORT GROUP



Meetings will resume in August on the
1st Thursday of the Month
7 - 8:30 pm
BAHCC Office
465 E Reed St.
Braidwood, IL 60408



Meeting reminders will always be posted on
<https://www.facebook.com/braidwoodareahcommunitycoalition/>

WHAT'S HAPPENING AROUND TOWN

Upcoming Events Sponsored by the BAHCC & Our Partners

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, resuming in August @ 7 - 8:30 pm at the BAHCC Office
Families in Recovery Addiction Education & Support Group

Saturday, June 15, 2019 @ Woodsmoke Ranch, 2795 E 28th Rd, Seneca, Illinois 61360
from 10 am - 1:30 pm

TEACH Outdoors Youth Fishing Derby

Hot dog lunch provided to all participants. Families with food allergies please plan accordingly and bring a picnic lunch. Prizes for biggest fish, most fish and sportsmanship. Preregister to insure gate pass on day of event by sending us an email through the website at www.TeachOutdoors.org at the "Contact Us" tab. Registration ends June 8, 2019.

Watch their facebook page for more info on the July 27th Youth Fishing Derby:
<https://www.facebook.com/groups/790247831085807/>

Saturday, June 29 @ Godley Park District 6 - 8:30 pm

All American Country Fair

Kids will enjoy an obstacle course, trackless train, climbing wall, and family friendly games like tug-of-war, bozo buckets, and potato sack races. There will be music, delicious food, lots of fun, and the area's best fireworks display. Fireworks at dusk!

Thursday, July 18 - Sunday, July 21 @ Old Smokey City Park

38th Annual Braidwood Lions Club Summerfest "A Safari Adventure"

For a schedule of activities, go to:

<https://www.braidwoodlionsclub.org/summerfest.htm>

2018-2019, A YEAR IN REVIEW

cont. from p. 3



Graduation: An Opportunity to Talk to Our Kids About Celebrating Safely



Most teens see graduation as the end of adolescence and the beginning of their next phase of life: a rite of passage into adulthood. While graduation party season is a time of excitement and celebration, it can be a time of anxiety and worry for parents. With about 10.8 million underage drinkers in the U.S., parents hope their kids will make good choices when faced with peer pressure at parties.

Luckily, you don't have to leave it up to chance. Parents, you play an important role in helping your children make the right decisions.

So what can we do as parents?

Have a straight-up, honest conversation about how to prevent risky situations, how to recognize them early, and ways to get out of them. Some families decide that a "no-questions-asked" ride home is a practical way to avoid a bad outcome.

Talk to your teen about ways to turn down alcohol.

Clear up any myths and answer your teen's questions about how alcohol affects people and why it can be dangerous.

The National Institute on Alcohol Abuse and Alcoholism has guidance on how to approach the conversation and facts about the effects of alcohol. "Parents—Talk With Your High School Grads About Celebrating Safely"

Check the fact sheet out at: <https://www.collegedrinkingprevention.gov> in their college materials section