

impact

Parents And Community Together
to reduce youth alcohol & drug use



IMPACT UPDATE

January/February 2012

Happy 2012!

This Monthly Update from IMP.A.C.T. is intended to keep you informed of local news and events regarding youth drug and alcohol use in Oak Park and River Forest as well provide resource links for prevention, intervention, treatment and recovery. Feel free to forward this to friends, family, concerned individuals and especially kids who you care about.



How to avoid drugs & alcohol:

What a Dilemma!

**A Middle School
Parent/Student Cafe
Wednesday, Feb 15th
7:00 - 8:30 pm**

**Gwendolyn Brooks Middle School
325 S. Kenilworth, Oak Park**

The pervasive drug & alcohol culture among teens poses many dilemmas for our youth. This fun and engaging Parent/Student Cafe for 6th through 8th graders will help you and your child feel better prepared to work through those dilemmas during Middle School and beyond. This event will feature:

- Dilemma stories
- Small group discussion
- African drum performance

We encourage all Middle School students and their parents or caregivers to attend. We hope to see you there. To provide for ample seating, reservations are appreciated. Please RSVP by [clicking here](#).

This event is co-sponsored by IMP.A.C.T., District 97 and Oak Park Township Youth Services.

Did you know...

DADS MATTER

Teens who believe their fathers view underage drinking as no big deal are 2-1/2 times more likely to get drunk in a typical month.

Those who don't live with their fathers are 1-1/2 times more likely to get drunk.

20% of 16 & 17 year old boys and 13% of girls think their fathers are okay with them drinking.

Drug & Alcohol Use Lowest Among African American and Asian Teens

In a national survey of 72,561 teens aged 12 -17 published on November 7, 2011 and funded by The National Institute on Drug Abuse, it was reported that Black and Asian teens use drugs and alcohol less than teens in other racial groups. This finding may be counter to public perception and stereotypes, but it confirms what Oak Park and River Forest professionals have been reporting.

12 - 17 Year Olds Using Drugs & Alcohol*

48%	Native Americans
39%	Whites
37%	Hispanics
32%	Blacks
24%	Asians

Regardless of race, nationally, 37% of all teens reported using drugs and alcohol in the year of the survey. By contrast, locally, 59% of OPRFHS 12th Graders reported using alcohol in the month the 2010 IYS survey was taken and 41% reported using marijuana.**

About 90 percent of all adults with alcohol and drug problems started using before the age of 18 and half started before the age of 15, according to Partnership at Drugfree.org, a nonprofit that helps parents find information on drug abuse prevention, intervention, treatment and recovery for their children.

[Click here](#) for the full article in Bloomberg Business Week, November 15, 2011.

*[Archives of General Psychiatry, November 7, 2011.](#)

**[2010 OPRFHS Illinois Youth Survey.](#)

Where Can Parents & Kids Turn When They Need Help?

Network of Care

www.cmhb.networkofcare.org

Oak Park and River Forest residents have a breadth of professional services and resources they can turn to when they suspect or identify substance abuse problems or other mental health issues in themselves or a loved one. So many, in fact, that it may be difficult to determine which one to turn to first.

The Oak Park Township Network of Care for Behavioral Health (www.cmhb.networkofcare.org) helps families find the right service at the right time. The site also provides information about various mental health and behavioral issues and current policy initiatives. Plus it allows users to advocate directly to elected officials, and help them manage their affairs, interactions, and important records.

The Network of Care site is a service of the Community Mental Health Board (CMHB) of Oak Park Township. For more information visit the site or call (708) 358-8855.

What does your child think?

[The National Center on Addiction and Substance Abuse \(CASA\)](#)

Where to turn

Local Resources

Network of Care
[click here](#)

Alanon/Alateen
Tom T., 708.524.9360
www.thrivecc.org

Face-It
Bert Patania, 708.445.2727

Families Anonymous
Ann S., 708.848.2968

OPRF High School
Dana Horowitz, 708.434.3615

Rosecrance
<http://www.rosecrance.org/>
888.928.5278 24/7

Thrive Counseling Center
of Oak Park & River Forest
www.thrivecc.org
708.383.7500

Youth Services of Oak Park
& River Forest Townships
John Williams, Bert Patania,
708.445.2727

National Resources

Partnership at DrugFree.org
www.drugfree.org

MADD
[Events and Website](#)
[Parent Handbook](#)

Substance Abuse and Mental
Health Services Administration
www.family.samhsa.gov

National Institute on Alcohol
Abuse and Alcoholism (NIAAA)
www.nih.niaaa.gov

Sign up for Snowball 2012!

Snowball is a 3-day weekend retreat sponsored by OPRF District 200 for students, parents and staff of the district. It's a great way to meet new people and have fun, but it's more than that. Snowball is:

- Founded on the belief that with accurate information and an understanding of oneself, every person has the ability to make sound decisions regarding his or her own life.
- A prevention program that focuses on building skills for leadership development.
- A program emphasizing teens helping teens.

Student leaders undergo an intense, six-month training process to learn skills to lead weekend sessions at the retreat. The topics discussed in "mini-workshops" include communication skills, decision making, problem solving, peer pressure, coping with stress, alcohol, tobacco and other drugs information, relationships, positive mental attitude, and the healthy family, just to name a few. Snowball is a great experience for any student. Everyone is encouraged to apply.

Applications are available on February 1 and are due by March 1. For more information contact sponsors Jim Geovanes at jgeovanes@oprfs.org or Andrea Neuman at aneuman@oprfs.org.

Upcoming Dates and Events

FEBRUARY

February 1 - Snowball 2012 applications available at OPRFHS.

February 15, Wednesday, 7 pm - District 97 Parent/Student Cafe, Gwendolyn Brooks Middle School. [Click here to RSVP.](#)

February 15, Wednesday, 9 am - 11:45 am - Coalition Decision Making: Gathering and Using Data to Drive Action, Lake County Health Department. For details, [click here.](#)

MARCH

March 14, Wednesday, 7 pm - District 90 Parent/Student Cafe, Roosevelt Middle School.

March 1 - Snowball 2012 applications are due.

Contact Us

We hope you've found this newsletter useful and that we will see you at one or many of our upcoming events. We'd appreciate your feedback on what you'd like to know about or see in a newsletter. Please contact us at impactopr@gmail.com.

IMP.A.C.T.

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Where to turn

National Institute on Drug Abuse: The Science of Drug Abuse www.nida.nih.gov

For Students:

www.abovetheinfluence.com

www.freevibe.com

www.teens.drugabuse.gov

www.staysharp.us