

CHOOSE YOUR PATH

Substance Use Prevention Coalition
chooseyourpath118.org



ONDCP Recognition - DFC Case Study

What is a DFC Case Study?

- Choose Your Path was recently asked by CADCA to complete a Case Study.
- In this Case Study we documented all the work we have done in the Wauconda area through the 7 strategies of Community Change.

Core Measures

1. Past 30 Day Use
2. Perception of Parental/Guardian/Caregiver Disapproval
3. Perception of Peer Disapproval
4. Perception of Risk

What were we recognized for?

Our Outcomes!

- The Office of National Drug Control Policy (ONDCP) reached out to CADCA about our Outcomes achieved through the 7 strategies for Community Change.
- They noted that all of the four core measures were trending in the right direction!



CONGRATS

What are the 7 Strategies for Community change?

1. Providing information
2. Enhancing skills
3. Providing Support
4. Enhancing Access/Reducing Barriers
5. Incentives/Disincentives
6. Physical design
7. Modifying/Changing policies

- Choose Your Path is going to be sharing out one pagers about each strategy and what we have accomplished within that strategy
- Continue the amazing we have been able to do in the Wauconda area!!

What are the next steps?

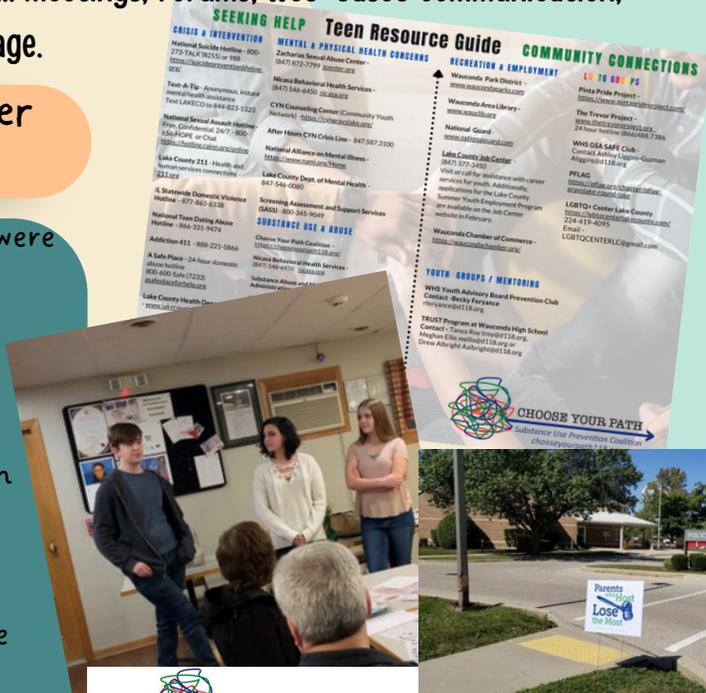
Providing Information



- Raising awareness through education, workshops, seminars, media campaigns, public service announcements, brochures, information dissemination, billboards, town hall meetings, forums, web-based communication, media coverage.

Summary of Choose Your Path Activities under this strategy

- Teen Resource Guide and all Social Norm Campaigns were created by our Youth Advisory Board.
- All social norm campaigns are shared amongst Wauconda High School, Matthews Middle School, and Wauconda Middle School.
- Choose Your Path passed out information at the following events: National Night Out, Wauconda Latin Heritage Fest, Wauconda area Chamber of Commerce Business Expo, Wauconda Farmers Market, Drug Take Back Day and 8th grade Preview Night.
- We worked with the McHenry County Substance Abuse Coalition to obtain our 14 Prevention Fact Sheets.
- Our coalition website shares all the information we have provided.
- Our Twitter and Facebook accounts share out all of our Prevention messaging.
- Each year we submit ads to the Wauconda Park District for each of their Program Guides.
- Our Youth Advisory Board has given presentations to both 8th grade classes at Matthews Middle School and Wauconda Middle School.
- Our Youth Advisory Board has completed a Sticker Shock Campaign in Wauconda.
- Choose Your Path has given presentations to the Wauconda Lion's Club, Wauconda Island Lake Area Democrats and the United Partnership for a Better Community.
- Choose Your Path worked with District 118 to host a "High in Plain Sight" training.
- Choose Your Path worked with District 118 to create a postcard and send it to all households in the district.
- We prepare an Annual Report and share it at our Annual Meeting in December.
- During Red Ribbon Week Choose Your Path is active in sharing information and highlighting the importance of that week.
- Our Outreach Committee created a "Coalition Welcome Letter" and a "Recruitment Flyer".
- During Prom and Homecoming Choose Your Path works with the Wauconda area to promote the "Parents Who Host Lose the Most" & educate on Social Host Laws.



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Choose Your Path Substance Use Prevention Coalition

<p>Who We Are</p> <p>The Choose Your Path Coalition is comprised of community members who are concerned about the health, safety, and well-being of Wauconda area youth. Choose Your Path was awarded the Drug Free Communities Grant to help reduce youth substance use and provide education to those in the Wauconda area.</p>	<p>Choose Your Path Goals</p> <ol style="list-style-type: none"> Increase community collaboration amongst the Wauconda area. Reduce youth substance use in the Wauconda area.
<p>What We Do</p> <p>Choose Your Path focuses on youth community engagement to develop strategies to prevent youth substance use through community collaboration throughout the Wauconda area.</p>	<p>Where to Find Us</p> <p>Look for CHC on these sites to access our Social Media pages and our Choose Your Path Videos:</p>
<p>Why You Should Join</p> <ul style="list-style-type: none"> Meet more community members as we work toward creating a safe community for our Wauconda area youth. Connect with others to develop solutions to identified issues. We have a Youth Advisory Board and Coalition that YOU can be part of! 	<p>Where to Find Us</p> <p>Facebook Page: [QR Code]</p> <p>Twitter Page: [QR Code]</p> <p>Website: [QR Code]</p>
<p>Contact Us</p> <p>Reach Out From Choose Your Path Project Coordinator Email: yep@chc118.org</p> <p>Choose Your Path Email: chooseyourpath118@gmail.com</p>	

Not everyone who gets marijuana gets addicted. Marijuana is addictive.

TWO TRUTHS

While marijuana may not be as addictive as other drugs, there are people who can't stop using it, even though it interferes with their life.

To stay in control & increase your chances of success, choose to be drug-free. You determine your future.

HALLUCINOGENS

Common Hallucinogens:

- LSD
- Marijuana
- Psilocybin
- Ecstasy

Physical Effects:

- Distorted perception of time
- Distorted perception of space
- Distorted perception of self
- Distorted perception of others
- Distorted perception of objects
- Distorted perception of colors
- Distorted perception of sounds
- Distorted perception of tastes
- Distorted perception of smells
- Distorted perception of touch
- Distorted perception of temperature
- Distorted perception of pain
- Distorted perception of pleasure
- Distorted perception of fear
- Distorted perception of anger
- Distorted perception of love
- Distorted perception of hate
- Distorted perception of hope
- Distorted perception of despair
- Distorted perception of faith
- Distorted perception of doubt
- Distorted perception of belief
- Distorted perception of disbelief
- Distorted perception of knowledge
- Distorted perception of ignorance
- Distorted perception of wisdom
- Distorted perception of foolishness
- Distorted perception of strength
- Distorted perception of weakness
- Distorted perception of power
- Distorted perception of helplessness
- Distorted perception of freedom
- Distorted perception of imprisonment
- Distorted perception of death
- Distorted perception of life

Methods of Ingestion:

- Inhalation
- Ingestion
- Injection
- Rectal
- Transdermal
- Sublingual
- Subcutaneous
- Intranasal
- Intramuscular
- Intravenous
- Intrathecal
- Intracranial
- Intracerebral
- Intracerebellar
- Intracerebral
- Intracerebellar
- Intracerebral
- Intracerebellar

Common Signs and Symptoms:

- Altered perception of time
- Altered perception of space
- Altered perception of self
- Altered perception of others
- Altered perception of objects
- Altered perception of colors
- Altered perception of sounds
- Altered perception of tastes
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Overdose Effects:

The primary medical symptom is a long and intense "bad trip".

CHOOSE YOUR PATH
Substance Abuse Prevention Coalition

What is Choose Your Path Coalition?

In December 2020, the Wauconda Area was awarded federal funding under the Drug Free Communities grant program administered by the Office of National Drug Control Policy (ONDCP), and the Centers for Disease Control and Prevention (CDC). This funding was awarded on a five-year cycle for \$25,000 per year. The Drug Free Communities grant program requires communities to focus on the prevention of substance use amongst underage youth. Choose Your Path is currently focusing on underage drinking but will also address underage marijuana use, underage tobacco use, cigarette use, and underage Prescription Drug use. The funding has allowed us to hire a Project Director and Project Coordinator to assist in developing the opportunity and functioning of the coalition in advancing the goals and strategies of the Drug Free Communities program. Our mission is, "As a grassroots coalition, our mission is change attitudes, encourage action, and mobilize stakeholders around the issues of substance abuse."

Drug Free Communities includes 12 sectors represented in the coalition:

- Business
- Education
- Healthcare
- Law Enforcement
- Local Problems
- Media
- Religious
- Service Providers
- Sports
- Transportation
- Utilities
- Youth

FACTS ABOUT VAPING

As of July 1, 2019, in Illinois a person must be 21 in order to purchase tobacco or vaping products.

Vaping can cause serious lung disease. Not all ingredients are tested and certified. Nicotine can be harmful to lungs.

Nicotine can harm the development of the adolescent brain by reducing attention, learning, mood, and impulse control.

Most Wauconda High School students choose not to vape (JYS 2022)

95% do NOT vape

90% do NOT vape

10th Grade Students

11th Grade Students

Parents Who Host Lose the Most

Parents Who Host Lose the Most is a campaign to educate on Social Host Laws.

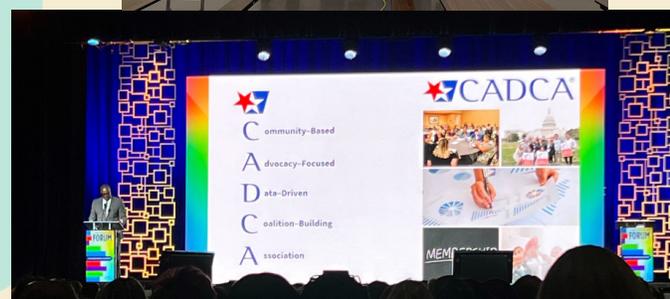
Enhancing Skills



- Designing activities to increase skills of participants, coalition staff and community members (parents, youth, healthcare providers, law enforcement, clergy, teachers, etc.) through training, technical assistance, distance learning, strategic planning, curricula development, CME's for healthcare providers. parent training, peer refusal skills, etc.

Summary of Choose Your Path Activities under this strategy

- During coalition meetings we have provided the following trainings: Lake County Health Department presented on the harmful effects of Vaping and Marijuana, Nicasa presented a Narcan training and a training on Gambling Addiction, and the Strategic Prevention Framework (SPF) along with the continuum of care.
- During our Youth Advisory Board meetings the following trainings have been provided: the Illinois Human Performance Project provided "Chemical Health", Nicasa provided a Narcan training, the Lake County Health Department provided a presentation on the harmful effects of Vaping and Marijuana.
- Our Youth Advisory Board presented to the entire 8th grade class at Matthews Middle School about prevention topics, why prevention matters, what they can accomplish by joining the coalition, and any questions about high school.
- Our Youth Advisory Board presented to the entire 8th grade class at Wauconda Middle School during Red Ribbon Week. The presentation discussed Red Ribbon Week, prevention topics, why prevention matters, and what they can accomplish by joining the coalition.
- We have utilized CADCA's coalition support and have had them come to our Strategic and Action Planning committee to provide a training on Logic Models and what is needed to complete them.
- Choose Your Path has attended CADCA's Leadership Forum the last two years & plans to continue to attend.
- Choose Your Path collaborated with District 118 and SUSTAIN coalition to bring Jermaine Galloway aka "Tall Cop" to Lake County. Jermaine provided his "High in Plain Sight" training to 185 participants!



Providing Support



- Creating opportunities to support people in activities and services through providing alternative activities, mentoring, referrals to treatment and other services, and recovery support groups.

Summary of Choose Your Path Activities under this strategy

- Choose Your Path volunteered with the "Summer Lunch Program". This program provided free lunches to those in need in the Wauconda area.
- Choose Your Path collaborated with the Wauconda Police Department for "National Night Out". This community event allows Wauconda area residents to engage with their local law enforcement and other organizations within the community.
- Choose Your Path collaborated with the Wauconda area Chamber of Commerce and have attended their Farmers Market. This community event allows Wauconda area residents to engage with the local merchants within their community and neighboring communities.
- Choose Your Path collaborated with the Wauconda area Chamber of Commerce for their Business Expo. This community event is held at Wauconda High School and is free for the community to attend.
- Choose Your Path collaborated with the Wauconda Police Department for their first "Wauconda Latin Heritage Fest". This community event showcased Latin Heritage through vendors, food, and music. There were organizations from the community present at the event as well.



Enhancing Access/Reducing Barriers

- Improving opportunities to utilize systems and services (e.g., access to treatment, recovery support and overdose reversal programs, healthcare, childcare, transportation, housing, education, special needs, cultural, and language sensitivity)

Summary of Choose Your Path Activities under this strategy

- At the "National Night Out" event we provided all of our materials in Spanish, along with English.
- At all the Farmers Market events we provided all of our materials in Spanish, along with English.
- Our Teen Resource Guide has been translated to Spanish.
- At the "Wauconda Latin Heritage Fest" we provided all of our materials in Spanish, along with English.
- Our "Two Truths" Social Norm Campaigns were translated into Spanish.
- Our "Coalition Welcome Letter" was translated into Spanish.
- During Red Ribbon Week we provided materials in both Spanish and English.
- In our monthly newsletter and on our social media platforms we shared materials from the DEA's "One Pill Can Kill" Campaign in Spanish.
- Our Recruitment Flyer was translated in Spanish and Polish.
- At the "8th Grade Preview Night" we provided our materials in Spanish, as well as English.
- At the Wauconda area Chamber of Commerce Business Expo our materials were translated in Spanish.
- On our social media accounts, monthly newsletter and coalition website we have provided SAMHSA's "Talk. They Hear You" Campaign in Spanish.

ELIGE TU CAMINO
Coalición para la Prevención del Abuso de Sustancias

¿Qué es la Coalición Elige Tu Camino?
En diciembre de 2020, el área de Wauconda recibió fondos federales bajo el programa de subvenciones de Compañías Libres de Drogas administrado por la Oficina de Políticas Subvenciones de Compañías Libres de Drogas (COPDF) del Centro para el Control de las Drogas y el Subabastecimiento de Drogas (CSDS). Este financiamiento se otorgó como un solo de cinco años por el programa de subvenciones de Compañías Libres de Drogas de la Universidad de Wisconsin (COPDF). Este programa de subvenciones tiene la intención de ayudar a reducir el uso de sustancias por parte de los jóvenes en el área de Wauconda.

Lo que hacemos
Elige tu camino se enfoca en la participación de la comunidad y la coalición para abordar el uso de sustancias por parte de los jóvenes en el área de Wauconda. La Coalición Elige tu camino incluye a representantes de la comunidad, el gobierno y el sector privado para abordar el uso de sustancias por parte de los jóvenes en el área de Wauconda.

Por qué debería unirse
• Contribuye a una comunidad más saludable y segura.
• Contribuye a una comunidad más segura y saludable.
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• Contribuye a una comunidad más segura y saludable.

Comunidades Libres de Drogas incluye 12 sectores representados en la coalición

- Profesionales de la salud
- Organización de abuso de sustancias
- Juvenil
- Alquileres/Tráfico
- El negocio
- Medios de comunicación
- Sociales
- Organización de servicios de la juventud
- Complemento de la ley
- Organización comunitaria y de voluntarios
- Organización Fraternal del gobierno

ESLIJA SU CAMINO COALICIÓN PARA LA PREVENCIÓN DEL USO DE SUSTANCIAS

Quiénes somos
La Coalición Elige Tu Camino está compuesta por miembros de la comunidad que están preocupados por la salud y seguridad y el bienestar de los jóvenes del área de Wauconda. Choose Your Path incluye a representantes de Compañías Libres de Drogas para ayudar a reducir el uso de sustancias por parte de los jóvenes en el área de Wauconda.

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DATOS SOBRE EL VAPEO

21 años
A partir del 1 de julio de 2020, un niño o niña de 21 años o más para comprar líquidos y productos de vapeo.

La mayoría de los estudiantes de la Wauconda High School eligen no vapear (IYS 2022)

- 95% No vapear
- 10% grado Estudiantes
- 90% No vapear
- 12% grado Estudiantes

CONOCES LOS PELIGROS DEL VAPEO?

38 de los productos químicos y carcinógenos que figuran en la lista de "Cancerígenos conocidos y potencialmente nocivos" (HPHCL) de la FDA se encuentran en el jugo de vapeo, incluido el formaldehído, el benceno que se encuentra en los pesticidas y la gasolina y el cadmio (metal pesado tóxico utilizado en baterías de smartphones).

EFECTOS A CORTO PLAZO
Problemas de atención y aprendizaje
Impactos negativos en el rendimiento académico
Riesgo de envenenamiento

EFECTOS A LARGO PLAZO
Atención a la nicotina
Interrupción del desarrollo de las células cerebrales
Los científicos todavía están estudiando: se necesitaron más de 25 años para ver los impactos a largo plazo en la salud de fumar tabaco

TU DETERMINA TU FUTURO.

DOS VERDADES

El alcohol y la marihuana afectan al cuerpo de manera diferente, por lo que, beber y fumar marihuana al mismo tiempo puede tener efectos diferentes en el cuerpo.

Conducir bajo los efectos del alcohol es diferente a conducir bajo los efectos de las drogas.

Conducir después de consumir marihuana es peligroso.

Las personas mayores de 21 años pueden comprar marihuana minorista en Illinois.

La marihuana infringe la ley federal.

Usted decide su futuro.

La Realidad de la Marihuana

Cannabis es un género de plantas que se cultivan para producir cannabis. El cannabis es una planta que se utiliza para producir marihuana y hashish.

THC significa tetrahidrocannabinol y es el compuesto que causa los efectos psicoactivos de la marihuana. Significa que significa que afecta el cerebro y produce una sensación de euforia.

CBD significa cannabidiol y es el compuesto que causa los efectos terapéuticos de la marihuana. Significa que significa que afecta el cuerpo y produce un efecto calmante.

Marihuana es una variedad de cannabis que se utiliza para producir marihuana y hashish. Significa que significa que afecta el cerebro y produce una sensación de euforia.

Cañamo es una variedad de cannabis que se utiliza para producir fibra y aceite de cañamo. Significa que significa que afecta el cuerpo y produce un efecto calmante.

Lo que todo padre y cuidador debe saber sobre las PASTILLAS FALSAS

¿Qué es el estupefaciente?
Un estupefaciente es cualquier medicamento que se utiliza para aliviar el dolor, reducir la fiebre o inducir el sueño. Los estupefacientes pueden ser peligrosos si se usan incorrectamente.

¿Qué son las pastillas falsas?
Las pastillas falsas son medicamentos que se parecen a las pastillas reales pero que no contienen el medicamento que se necesita para tratar la enfermedad.

¿Por qué son tan peligrosas las pastillas falsas?
Las pastillas falsas pueden ser peligrosas porque pueden contener sustancias tóxicas que pueden dañar o incluso matar a una persona.

¿Cuáles son los efectos físicos de las pastillas falsas?
Los efectos físicos de las pastillas falsas pueden incluir náuseas, vómitos, diarrea, dolor de estómago y pérdida de conciencia.

¿Cómo nos protegemos de las pastillas falsas?
Para protegernos de las pastillas falsas, debemos comprar medicamentos solo de fuentes confiables y verificar siempre el empaque y el contenido de los medicamentos.

Wauconda Health Department
Wauconda Health Department
1000 Wauconda Ave
Wauconda, WI 53186
Phone: 262.591.1234
Fax: 262.591.1235
www.waucondawisconsin.gov

WYBIERZ SWOJĄ DROGĘ KOALICJA NA RZECZ ZAPOBIEGANIA UŻYCIU SUBSTANCJI ODURZAJĄCYCH

Kim jesteśmy
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Dla czego warto dołączyć?
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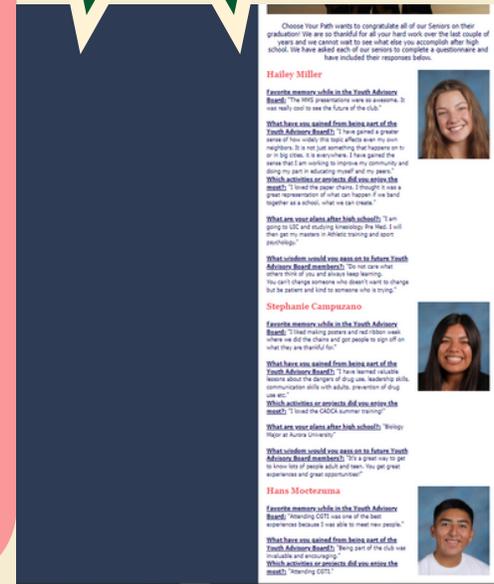
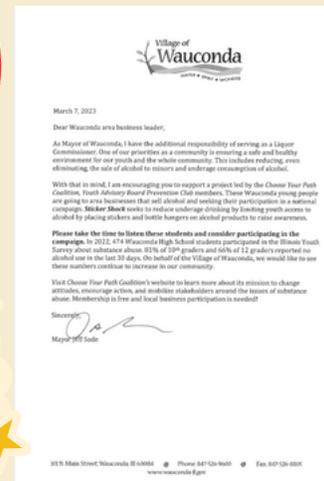
Incentives / Disincentives



- Increasing or decreasing the probability of a specific behavior by changing the consequences (e.g., increasing public recognition for deserved behavior, individual and business rewards, taxes, citations, fines, revocations, and loss of privileges).

Summary of Choose Your Path Activities under this strategy

- At Wauconda High School, students can receive Choose Your Path Honor Cords based on their involvement with the coalition.
- When businesses pass compliance checks they receive a letter of support from the Mayor of Wauconda, Mayor Jeff Sode, congratulating them on this.
- During Red Ribbon Week, Mayor Jeff Sode signs a letter of support for Red Ribbon Week and it is shared among the Wauconda area residents.
- In March of 2022, our Executive Board decided to start a coalition member recognition program. At our Annual Meeting, we are going to be recognizing an adult coalition member and a youth coalition member for all their contributions the previous year.
- In our May coalition newsletter we started our "Senior Interviews". We asked all the seniors that were graduating to share what their plans after high school are while also highlighting the work they accomplished since being with the coalition.



Physical Design



- Changing the physical design or structure of the environment to reduce access and availability through take back programs, use of lock boxes, drug deactivation and disposal systems, outlet density, lighting in parks, etc.

Summary of Choose Your Path Activities under this strategy

- In March of 2023, our Youth Advisory Board completed their first Sticker Shock Campaign in Wauconda. We had a total of 11 establishments participate.
- In April of 2022, we collaborated with the Wauconda Police Department and Wauconda Township for our first Drug Take Back Day. We collected 41.8 pounds of unused and unwanted medications. Everyone who turned in medications received a bag with information on the coalition, a postcard with all the drug disposal sites in Lake County and a Detera Bag so they can safely de-activate their medications at home.
- In April of 2023, we collaborated with the Wauconda Police Department and Wauconda Township for our first Drug Take Back Day. We collected 119.3 pounds of unused and unwanted medications. Everyone who turned in medications received a bag with information on the coalition, a postcard with all the drug disposal sites in Lake County and a Detera Bag so they can safely de-activate their medications at home.
- In March of 2023, our Youth Advisory Board started planning a "Vape Take Back Day" to take place in September 2023.



Modifying / Changing Policies

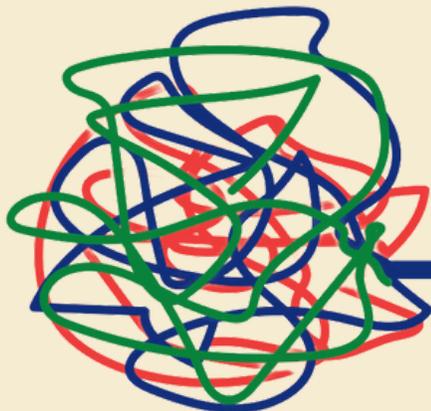


- Changing written procedures through ordinances, laws, and other public policy actions.



This is the only strategy Choose Your Path has not had an activity under.

More to come in the future!



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