December 4, 2024

CHOOSE YOUR PATH ANNUAL REPORT YEAR 4





LETTER FROM LEADERSHIP

Dear Friends and Supporters,

As we reflect on the past year, we are reminded of the critical importance of our shared mission "to shift attitudes through efforts, encourage action and empower all community members, especially young individuals, to combat substance misuse effectively" for our youth and future generations. The work we do at Choose Your Path Coalition is more than just prevention; it is about protecting the lives, futures, and potential of every young person in our community.

The impact of drugs on young people is profound. Substance abuse not only endangers their health and well-being but also undermines their ability to succeed academically, socially, and emotionally. It hinders their ability to achieve their goals and lead healthy, productive lives. For many families, the consequences of drug use ripple out, affecting relationships, safety, and stability.

Our community as a whole feels the effects. When substance misuse rises, it brings with it increased crime, strained healthcare resources, and a breakdown in the social fabric that holds us together. However, when we collectively invest in prevention, education, and support, we can stop this cycle and help young people make positive choices.

Over the past year, we have worked tirelessly to engage schools, parents, law enforcement, local businesses, and nonprofit organizations in a united effort to envision a safe, healthy, drug-free environment. From presenting our positive outcomes at the 2024 CADCA Leadership Forum to the Youth Advisory Board 'Vape Take Back' Day to the expansion of the Sticker Shock Campaign to Island Lake, our coalition has seen tremendous progress.

But we know there is still more to be done. Together, we must continue to strengthen our prevention efforts, ensure access to mental health and addiction services, and build a network of support that empowers young people to make healthy choices. It is only by working hand in hand as a community that we can truly make a lasting impact.

We are proud to share the 2024 Choose Your Path Coalition Annual Report. We remain committed to this vital work in Wauconda Township. And we extend our deepest gratitude to all of our supporters, partners, and community members who have been instrumental in our success. Together, we will continue to create a brighter, healthier, and drug-free future for our youth and community.

Thank you for your dedication and support.

Sincerely,

Choose Your Path Coalition Executive Board

ABOUT US

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 as a five-year cycle for \$125,000 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/E-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 capacity and functioning of the coalition in advancing the goals and strategies of the Drug Free Communities program.

MISSION OUR MISSION IS TO SHIFT ATTITUDES THROUGH EFFORTS, ENCOURAGE ACTION, AND EMPOWER ALL COMMUNITY MEMBERS, ESPEICALLY YOUNG INDIVIDUALS, TO COMBAT SUBSTANCE MISUSE EFFECTIVELY.

VISION WE ENVISION A SAFE, HEALTHY, DRUG-FREE ENVIRONMENT FOR OUR YOUTH AND COMMUNITY.



MEMBERSHIP

CHOOSE YOUR PATH EXECUTIVE BOARD

President: Chief of Police David Wermes, Wauconda Police Department Vice President: Reverend Dr. Kristopher Hewitt, Pastor Ivanhoe Congregational Church Treasurer: Jennifer Kuhn, Wauconda Village Trustee Secretary: Deena Krieger, Matthews Middle School Guidance Counselor Members at Large: Dr. David Wilm, Superintendent of District 118 Schools Tim Staton, Executive Director of Wauconda Park District

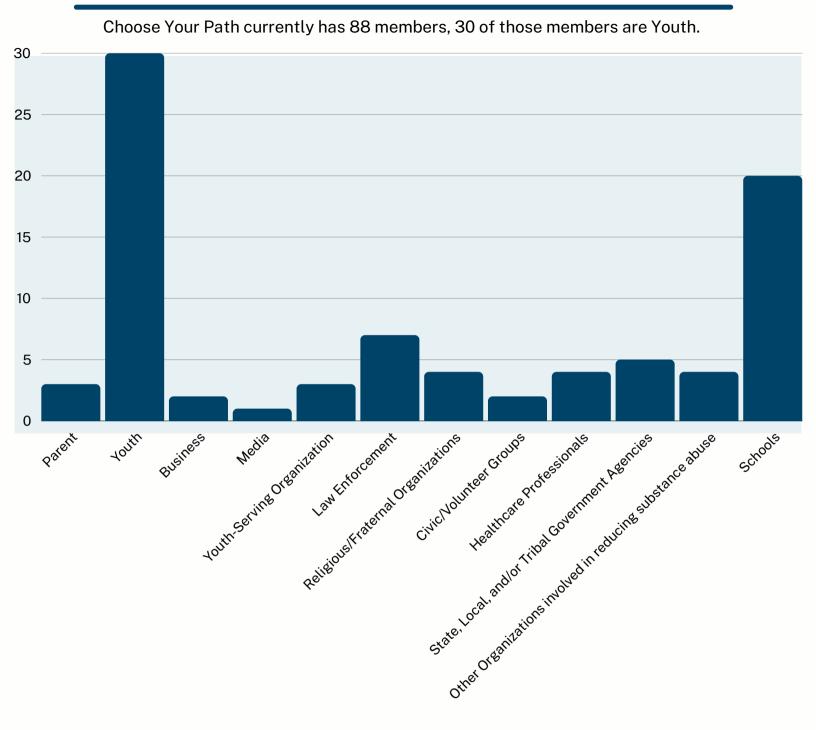
CHOOSE YOUR PATH SECTOR REPRESENTATIVES

Youth: Isaac Feryance Parents: Tara Simonelli Schools: Dr. David Wilm Youth-Serving Organizations: Tim Staton Law Enforcement: David Wermes Religious/Fraternal Organizations: Rev. Dr. Kristopher Hewitt Business: Tracy Lehman Media: Maria Weisbruch Civic/Volunteer Organizations: Mark Kisselburg Healthcare Professionals: Keeley Gallaugher State, Local, and/or Tribal Government Agencies: Jennifer Kuhn Other Organizations involved in reducing Substance Abuse: Danielle Ryan

- Choose Your Path members attended 22 different events throughout the year.
- Choose Your Path had a total number of 66 meetings throughout the year to complete the work of the coalition. This included monthly coalition meetings, Executive Board meetings, Youth Advisory Board meetings and Committee meetings.
- Choose Your Path coalition members contributed a total cumulative number of 965.5 volunteer hours throughout the year. This includes attending events, attending monthly meetings, and attending committee meetings.

THAT EQUALS TO \$28,965 TO IN-KIND CONTRIBUTIONS FOR THE YEAR!

MEMBERSHIP



WHAT IS BEING DONE TO INCREASE MEMBERSHIP?

- Youth Advisory Board members have gone to speak with the 8th grade class at Matthews Middle School and Wauconda Middle School about why they should join the club when they come to the high school.
- At every community event we encourage those who come up to your table to get involved with the coalition.
- Our Recruitment Flyer is shared regularly on all of our social media accounts and can also be found on our website.

DRUG-FREE COMMUNITIES GRANT GOALS

The Drug-Free Communities Grant Program has two goals for all coalitions awarded the grant.

- 1. Increase Community Collaboration
- 2. Reduce Substance Use among Youth

DFC GOAL ONE - INCREASE COMMUNITY COLLABORATION

Choose Your Path has been able to meet this goal throughout Year 4 in various ways. We have been able to partner with other organizations to put on events and we have brought community members from the Wauconda area to work together.



DFC GOAL TWO - REDUCE SUBSTANCE USE AMONG YOUTH

Choose Your Path has been able to meet this goal as seen in our Illinois Youth Survey Data. The four Core Measures are what we look for in the data.

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

Comparing the 2024 Illinois Youth Survey Data to the 2018 data we have seen a lot of change!

- Past 30-Day use decreased
- Perception of Parental/Guardian/Caregiver Disapproval increased
- Perception of Peer Disapproval <u>increased</u>
- Perception of Risk increased

QUALITATIVE AND QUANTITATIVE DATA

During the past year Choose Your Path has been able to collect data needed for the prevention efforts put forth by the coalition. We need both quantitative and qualitative data. All of the data relates back to the Drug Free Communities Core Measures. Below is the list of all the data that was collected in the past year.

- Key Informant Interviews
- Compliance Checks
- Illinois Youth Survey (IYS)

KEY INFORMANT INTERVIEWS

We conducted a Key Informant interview with Keeley Gallaugher from Advocate Good Shepherd Hospital. During this interview we asked various questions about all four substances the grant focuses on, along with questions pertaining to our core measures.

COMPLIANCE CHECKS

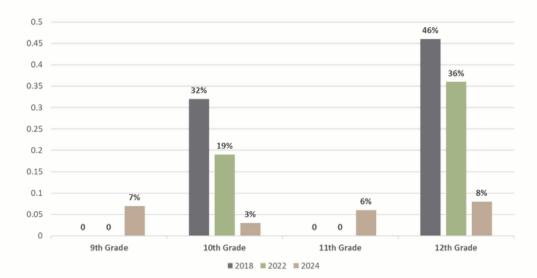
The Wauconda Police Department completed compliance checks on October 25, 2023 and on April 23, 2024. During the October compliance checks 10 out of the 13 establishments passed the compliance check. During the April compliance checks all of the establishments passed!

ILLINOIS YOUTH SURVEY (IYS) 2024

The Illinois Department of Human Services (IDHS) has funded the administration of the Illinois Youth Survey (IYS) biennially since 1990. The IYS is a self-report survey administered in school settings and is designed to gather information about a variety of health and social indicators including substance use and perceptions, bullying, school climate, nutrition, and physical activity.

When looking at the results of the IYS 2024 Survey for 8th, 10th, and 12th graders in the Wauconda School District all our of Core Measures were trending in the right direction! You can see some of the highlights on the next page, otherwise the full presentation can be found on our website.

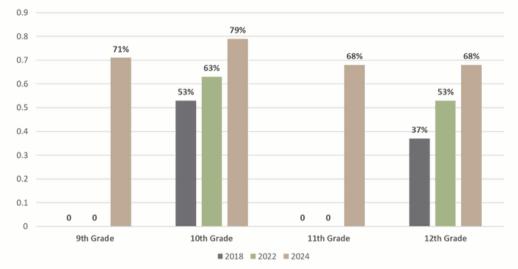
ILLINOIS YOUTH SURVEY 2024 DATA



This graph represents the percentage of High School students reporting Alcohol use in the past 30 days.

We can see that for 10th graders the percentage dropped 29% from 2018 to 2024.

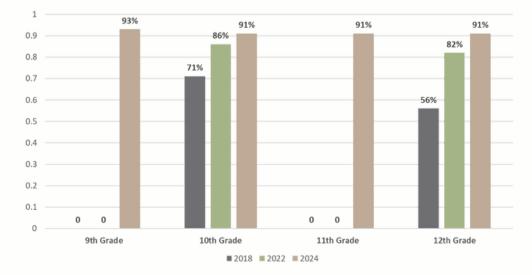
We can see that for 12th graders the percentage dropped 38% from 2018 to 2024.



This graph represents the percentage of High School students reporting Marijuana use as a risk to people physically or in other ways.

We can see that for 10th graders the percentage raised by 26% from 2018 to 2024.

We can see that for 12th graders the percentage raised 31% from 2018 to 2024.



This graph represents the percentage of High School students reporting how wrong their friends would feel if they used Tobacco.

We can see that for 10th graders the percentage raised by 20% from 2018 to 2024.

We can see that for 12th graders the percentage raised 35% from 2018 to 2024.

The entire Illinois Youth Survey Presentation can be found on our website at chooseyourpath118.org.

BLUE RIBBON COALITION - WHITE HOUSE EVENT

Choose Your Path was one of 15 Drug-Free Community Coalitions from across the country receiving a Blue Ribbon Award.

The Blue Ribbon Coalition Award recognizes high performing coalitions that do an exceptional job creating a foundation for their work by updating and utilizing their coalition products. It is a two-year recognition that opens new doors for coalitions to share their work and become a role model in the prevention field.











As part of the celebration for receiving this award, Choose Your Path was invited to the Drug Free Communities 25th Anniversary Celebration on Monday October 30th. Coalition members - Becky Feryance and Isaac Feryance attended the event along with Project Coordinator Rebecca Price.

BLUE RIBBON COALITION - WHITE HOUSE EVENT





During the 25th Anniversary celebration we heard from the Deputy Director of ONDCP Adam Cohen, Iowa State Senator Grassley, U.S. Department of Education Secretary Miguel Cardona, and Chief Medical Officer and Deputy Director for Program and Science Centers for Disease Control and Prevention Dr. Debra Houry. There was a Youth Panel Discussion and then finally the Blue Ribbon Award Ceremony.

Overall the entire experience was great and we are so thankful for the opportunity.







YEAR 4 IN REVIEW

OCTOBER

- Choose Your Path attended the 25th Anniversary Celebration of the Drug-Free Community Grant Program. This took place at the White House in Washington, DC.
- Choose Your Path worked with the Wauconda area to celebrate Red Ribbon Week.
- Our Youth Advisory Board gave a presentation to the entire 8th grade class at Wauconda Middle School.
- The Wauconda Safety Campaign Committee was created. This committee focused on creating a PSA about not drinking while operating non-highway vehicles or while boating.

NOVEMBER

- Our Youth Advisory Board shared their Vaping Social Norm Campaigns.
- Nominations for the Choose Your Path Executive Board were made at the coalition meeting this month.
- The Wauconda Safety Campaign Committee continued to meet.

DECEMBER

- Our Annual Meeting for Year 3 was conducted and the Executive Board nominations were voted in.
- During our Annual Meeting we gave out three awards for Coalition Member of the Year.
- Choose Your Path submitted their Wauconda Park District Spring/Summer Ad.
- Our Youth Advisory Board planned to attend CGTI training in January.

JANUARY

- Project Coordinator, Rebecca Price, and Youth Advisory Board Rep, Becky Feryance, attended the 34th Annual CADCA Leadership Forum in Washington, D.C.
- At the Leadership Forum we presented at the Coalitions Ideas Fair on all the success we have had with our Youth Advisory Board.
- Our Youth Advisory Board had a table at the Wauconda High School Freshmen Open House.
- The Youth Advisory Board created their Alcohol Social Norm Campaigns.



CHOOSE YOUR PATH Substance Use Prevention Coalition VEAR 4 HIGHLIGHTS



RED RIBBON WEEK OCTOBER 23RD - 31ST

The theme for this year is "Be Kind To Your Mind. Live Drug Free."

Please show your support for this week by wearing Red on Wednesday October



The theme for this year was, "Be Kind To Your Mind. Live Drug Free." Choose Your Path worked with the Wauconda area to celebrate this week!







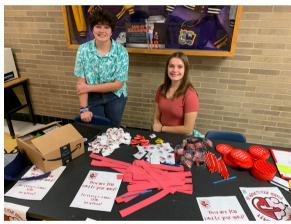


























FEBRUARY

- Members from the Youth Advisory Board attended a Leadership Training for an upcoming Snowball Event.
- Choose Your Path was in attendance for the Wauconda Chamber of Commerce Business Expo.

YEAR 4 IN REVIEW

09/30/23 - 09/29/24

MARCH

- For National Drug and Alcohol Facts Week, Choose Your Path shared a social media campaign educating those on the various impacts of substance use.
- Choose Your Path attended the Liquor Applicant License training at the Wauconda Village Hall to speak about the upcoming Sticker Shock Campaign.
- The Youth Advisory Board conducted their second annual Sticker Shock Campaign. This year they expanded their efforts to include the Island Lake area. 15 establishments participated this year and 7 of those allowed students to come in to display stickers and bottle clings.
- The Wauconda Safety Campaign committee continued to meet to discuss the outlines for the PSAs and the deadline for everything to be completed.
- At our monthly coalition meeting we decided to update our Mission and Vision statements.
- The DFC Program conducted a site visit with Choose Your Path and it went very well!
- Several of our Youth Advisory Board members attended the NLCC Snowball training.

APRIL

- For Alcohol Awareness month, the coalition shared information and various resources about alcohol use on all social media accounts.
- We celebrated National Volunteer week by highlighting the three coalition members who won awards during our Annual Meeting.
- The Youth Advisory Board gave a presentation to the 8th grade class at Matthews Middle School.
- Choose Your Path partnered with the Wauconda Police Department, Wauconda Township, and Wauconda Area Public Library for Drug Take Back Day.

Substance Use Prevention Coalition







We attended **Capitol Hill Day** during the training! We were able to meet with Representative **Bill Foster and a** staff from Senator Tammy Duckworth office. Everyone in attendance from Illinois attended the Duckworth meeting!

Choose Your Path attended CADCA's 34th Annual Leadership Forum training. During this year's training Choose Your Path was asked to present at the Coalition Idea's Fair. We presented on our Youth Advisory Board and all our successes with growing that part of the coalition.







During this year's Leadership Forum we also received our plaque for becoming a Blue Ribbon Coalition.









Youth Advisory Board Leaders at the NLCC Snowball Training event.



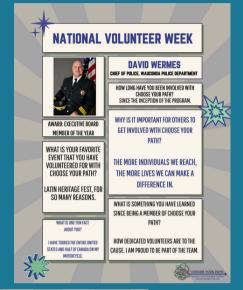
THANK YOU!

Choose Your Path would like to thank our volunteers, the Wauconda Police Department, the Wauconda Township, the Wauconda Area Public Library and those who dropped their medication off at our site! This day would not be possible without YOU!

> We collected <u>77.7 lbs.</u> of unwanted, unused, and expired medication on April 27th!

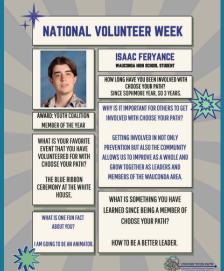
Drug Take Back Results!

Choose Your Path's Winter Ad in the Wauconda Park District Program Guide.





Our three coalition members who won awards during our Annual Meeting!



chooseyourpath118.org



The Youth Advisory Board had their second annual Sticker Shock Campaign this year.

We would like to give a special <u>Thank You</u> to Chief Jennifer Paulus, Officer Matt Sherman, and Officer Brad Jackson from the Island Lake Police Department for joining us!























MAY

- The Youth Advisory Board's new Executive Board was announced for the following school year.
- Choose Your Path worked with the Wauconda area to promote the "Parents Who Host Lose the Most" during the week of Prom.

YEAR 4 IN REVIEW

09/30/23 - 09/29/24

- We created our Social Host Infographic.
- For Mental Health Awareness month, we shared information and resources on all of our social media accounts.

JUNE

- We created our Fall Ad for the Wauconda Park District Program Guide.
- Our Environmental Scan Report was shared at the coalition meeting.

JULY

• Choose Your Path had a booth at the Wauconda Farmers Market.

AUGUST

- Choose Your Path submitted their Year 4 Progress Report.
- Choose Your Path attended National Night Out in Wauconda.
- The Youth Advisory Board had their first Officers meeting of the year.

SEPTEMBER

- The Youth Advisory Board had their first club meeting where they welcomed 12 new members!
- Choose Your Path had a booth at the Wauconda Farmers Market.
- The Youth Advisory Board had their second annual Vape Take Back Day.
- During Homecoming Week Choose Your Path worked with the Wauconda area to help promote "Parents Who Host Lose the Most" campaign.
- The 2024 Illinois Youth Survey data was presented at the coalition meeting.
- Choose Your Path was in attendance at Wauconda's Latin Heritage Fest.
- The final drafts of the PSAs from the Wauconda Safety Campaign committee were shared at the coalition meeting.



YEAR 4 HIGHLIGHTS

Our new Officers Board for the year!





Choose Your Path at various summer events!









YEAR 4 HIGHLIGHTS CHOOSE YOUR PATH

CHOOSE YOUR PATH - YOUTH ADVISORY BOARD PREVENTION CLUB

VAPE TAKE BACK DAY

DISPOSE OF UNWANTED VAPES. NO QUESTIONS ASKED.

EACH PERSON WHO TURNS IN A VAPE GETS A PRIZE! • Each bag will have a gift card! Of those bags 4 will be a \$25 gift card & 1 will be a \$100 gift card. There will be multiple resources in the bags as well to help you quit vaping! **SEPTEMBER 19, 2024**



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chooseyourpath118.org



Choose Your Path would like to thank our volunteers, the Wauconda Police Department, and those who dropped off their unwanted Vapes. This day would not be possible without YOU! We collected

THANK YOU!

19th!





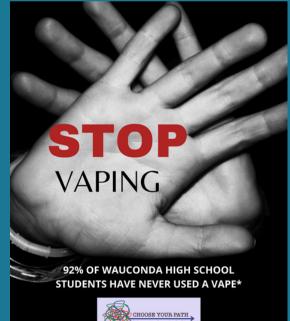








Our first club meeting of the 2024/2025 school year!



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*2024 IYS Survey

COMMITTEE REPORTS

We had 3 committees meet throughout Year 4 of the grant.

- Executive Board
- Youth Advisory Board Prevention Club
- Wauconda Safety Campaign

Each committee met for various reasons and helped move along the work of the coalition. Choose Your Path members are always encouraged to join a committee to work on a specific goal.

EXECUTIVE BOARD

- The Executive Board meets a total of 4 times each year.
- The Executive Board is responsible for providing leadership for the coalition.
- The Executive Board met on some of the following topics -Choose Your Path's Sustainability Plan, 2024 Illinois Youth Survey Data, Banning Synthetic Cannabinoids in the Wauconda area, and our coalition feedback survey.

WAUCONDA SAFETY CAMPAIGN

- This was a brand new committee for us this.
- The focus of this committee was to create PSA's about not drinking while boating and not drinking while operating non-highway motorized vehicles.
- This committee was a partnership between Choose Your Path, Advocate Good Shepherd Hospital, and the Wauconda Police Department.

YOUTH ADVISORY BOARD PREVENTION CLUB

The Youth Advisory Board has grown tremendously since the start of the grant and continues to work hard to spread the mission of the coalition.

- The Youth Advisory Board had a total of 17 meetings throughout the year. Seven of those meetings were Officer meetings and ten of those meetings were the club meeting.
- During the meetings the following topics were discussed Vape Take Back Day, Homecoming, Social Norm Campaigns, Red Ribbon Week, Middle School Presentations, CGTI & NLCC trainings, Fundraising opportunities, Sticker Shock Campaign, Illinois Youth Survey, and various community events.
- The Youth Advisory Board created 4 Social Norm Campaigns.







<u>81%</u> of Wauconda High School Sophomores <u>Have Not Used Alcohol</u> in the Past 30 Days*



*2022 IYS Survey

WHAT IS COMING UP IN 2024/2025

Here are just some of the things Choose Your Path will be focusing on during the next year.

- Completing our application for Years 6 10 of the Drug Free Communities Grant. We have had many successes over the years and we are hopeful that we will be able to continue doing that.
- Bringing back some of our committees a lot of the coalition work can get done in smaller groups so we are hoping to bring back the following committees: Strategic and Action Planning, Outreach, and Sustainability.
- Postcard Mailing This was a success during our first year and we would like to bring it back.
- More education for our Youth Advisory Board this was feedback received from the students this past year. We have four topics already planned!
- Data Collection we are planning to complete Focus Groups, Compliance Checks, and Key Informant Interviews.
- Future Social Norm Campaigns These will be created by our Youth Advisory Board and hopefully shared with the middle schools.
- Wauconda Community events we are planning to continue to support the community through attendance at our regular events.
- More community involvement we would love to see our membership numbers rise and have more involvement from the community.



CHOOSE YOUR PATH WOULD BE NO WHERE WITHOUT THE HARD WORK AND DEDICATION FROM ALL IT'S MEMBERS! SO THANK YOU FOR ALL THAT YOU DO AND WE ARE LOOKING FORWARD TO ALL THE WORK WE WILL DO IN THE NEXT YEAR!