

substance use prevention

FY21 Annual Summary



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Funded in whole or in part by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery through a grant from the Substance Abuse and Mental Health Services Administration

What is substance use prevention?

Arrowleaf provides prevention services through the Substance Use Prevention Services grant via the Illinois Department of Human Services. Services provided include Youth Prevention Education, Communication Campaigns, National Prevention Week and Drug Take Back activities, Illinois Youth Survey recruitment and support, and community outreach and education.

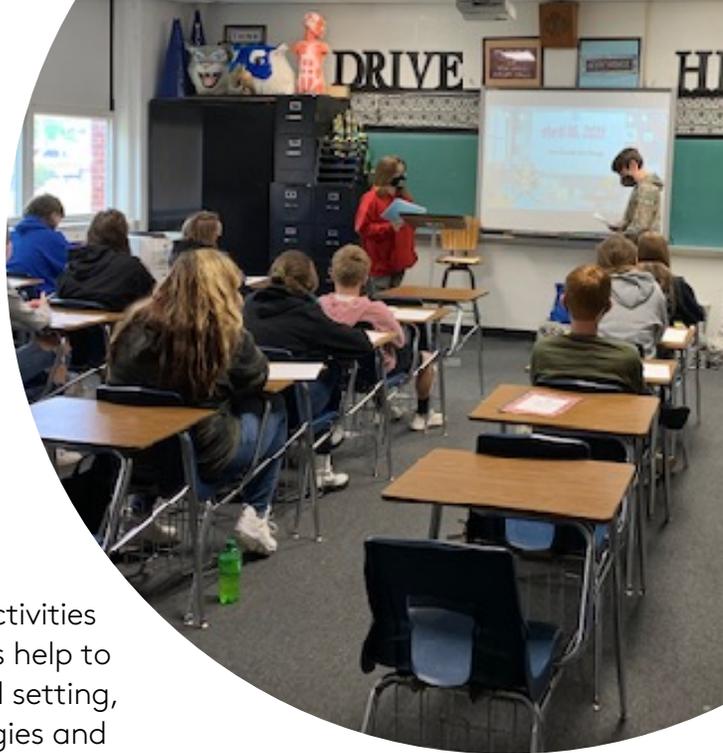
Youth Prevention Education is provided utilizing the Evidence-Based Substance Use Interventions of the Too Good for Drugs curriculum. With three Prevention Educators, our Youth Prevention Education curriculum is provided to all seven southernmost counties in Illinois.



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FY21 YOUTH PREVENTION EDUCATION



Students enjoy interactive Role Plays, games and other activities while enhancing their social skills. The lessons and activities help to increase communication skills, better decision making, goal setting, forming healthy relationships, peer pressure refusal strategies and much more! Students are also taught how alcohol and other substances can affect their bodies, brains and future plans.

12

PARTICIPATING
SCHOOLS

36

TOTAL
CLASSES

721

STUDENTS
REACHED

100%

CLASSES REPORTING
INCREASED OVERALL
PREVENTION
KNOWLEDGE & SKILLS

Too Good for Drugs Model

Too Good for Drugs is an evidence based prevention intervention designed to mitigate the risk factors linked to problem behaviors and build protection within the child to resist problem behaviors. Too Good for Drugs develops a framework of social and emotional skills through the development of goal-setting, decision-making, emotion management, and effective communication skills in addition to peer-pressure refusal, pro-social bonding, and conflict resolution skills. Too Good for Drugs builds the basis for a safe, supportive, and respectful learning environment.

How Does It Work?

Too Good for Drugs empowers teens to meet the challenges of middle school and high school life fostering confidence and building resistance to substance abuse. Students set and reach more complex goals and, in the process, develop and practice stronger decision-making skills and effective-communication skills. Students also learn to identify and manage their emotions and the emotions of others so they can better relate to others and seek to associate with positive peer groups. Too Good for Drugs addresses environmental and developmental risk factors related to alcohol, tobacco, and other drugs through the development of knowledge, skills, and attitudes teens need to make healthy decisions consistent with their healthy goals. Substance use topics are discussed in the context of expectations, peer pressure and influence, and the role of the media. In particular, more complex social challenges and influences that present a greater risk for escapism and risky behavior are explored and met with strategies for managing those situations in a positive and healthy way. Interactive games and activities create an experiential learning environment so students can learn and apply the skills in the classroom setting.

Too Good for Drugs teaches five essential social and emotional learning skills, which research has linked with healthy development and academic success:

- Setting Reachable Goals
- Making Responsible Decisions
- Bonding with Pro-Social Others
- Identifying and Managing Emotions
- Communicating Effectively

Too Good for Drugs Grade 6

Core social-emotional skills like setting reachable goals, making responsible decisions, effective communication, and managing emotions are applied in select lessons to teach students the short and long-term health effects of abusing alcohol, marijuana, nicotine, and street drugs and the misuse of prescription and over the counter medicines.

Too Good for Drugs Grade 7

Students strengthen their ability to set and reach personal goals, plan their actions, evaluate their choices, and develop the skills to solve problems exploring how goals, peers, media, and family influence their decisions. Students identify healthy alternatives to drugs and resolve problems through healthy, pro-social strategies. Each scripted lesson includes interactive activities presenting the negative effects of alcohol use on the developing brain and the negative health risks of misusing prescription and over the counter medicines. The lessons further review the negative effects of nicotine and tobacco use and THC and marijuana use on the body as well as their goal-compromising effects.

Too Good for Drugs Grade 8

Students learn what it takes to stay on course toward a well-designed future in Too Good for Drugs Grade 8. Essential Social and Emotional Learning skills are put to work to build self-esteem, self efficacy, and positive expectations for the future as students learn to set and reach goals, make responsible decisions identify and manage their emotions and the emotions of others, learn effective communication skills and build positive pro-social relationships. Students also learn the effects of alcohol, nicotine, marijuana, and prescription and over the counter drugs on the developing teenage body and brain so they can make informed decisions and remain drug-free. Students are presented with scenarios common in middle-school life as they explore the negative consequences of drug use. Interactive games and activities promote a cooperative learning environment to engage and reach all students and promote healthy relationships to prepare them to be successful and drug-free in high school.

Too Good for Drugs High School

The evidence-based Too Good for Drugs High School prepares students with the skills they need for academic, social, and life success. Interactive games and activities provide practical guidance on dating and relationships, building healthy friendships, and refusing negative peer influence. Lessons foster analysis and discussion of the effects of ATOD use as well as prescription and OTC drug use and various nicotine delivery devices.

PREVENTION KNOWLEDGE & SKILLS ASSESSMENT

Each of the Too Good programs has undergone rigorous, independent evaluation studies to measure their effects on students' skills, attitudes, intentions, and behaviors. Our Prevention Educators administer pre- and post- assessments to measure their effect on students' overall prevention knowledge and skills.

19%

AVERAGE INCREASE IN
6TH GRADE STUDENTS

11%

AVERAGE INCREASE IN
8TH GRADE STUDENTS

20%

AVERAGE INCREASE IN
HIGH SCHOOL STUDENTS

7th grade students were provided Botvin Life Skills for FY21. These students received a different assessment which also reported a 4% increase in overall drug and prevention knowledge.

Illinois Youth Survey

What is the IYS?

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 patterns and attitudes of Illinois youth.

Why should we participate?

TO SUPPLY LOCAL DATA TO SCHOOLS
AND SCHOOL DISTRICTS THROUGHOUT ILLINOIS

During state-funded survey years (e.g., 2018, 2020, etc.), the survey is available to all eligible public and private schools in the state at no cost. Each participating school is eligible to receive a report specific to their own students' responses. These local reports provide critical information to school administrators, prevention professionals, and community members as they work to address substance abuse issues in their communities.

TO PROVIDE A SCIENTIFIC ESTIMATE OF HEALTH
AND SOCIAL INDICATORS FOR THE STATE OF ILLINOIS

The scientific estimate is based on drawing a random sample to represent the state population of 8th, 10th, and 12th graders in Illinois public schools.

Why do we participate?

Registration for the 2022 year will begin in September 2021. Each school will be contacted and offered assistance in registering 8th, 10th, and 12th grade students. The school can request an online or paper survey.

Each school can request on-site assistance to help with the administration of the survey. If completed online, the survey results are sent directly to the Center for Prevention and Research Development (CPRD). CPRD assesses the information and creates a school report. The reports are provided to each participating school in the summer following the survey.

Illinois Youth Survey

What do we know?

Due to COVID-19 and the closure of schools beginning March 17th, 2020, several participating schools were unable to complete the IYS. Data was compiled by CPRD to create a Community Report rather than county-by-county reports due to decreased student assessment. Results are based on a compilation of Alexander, Hardin, Johnson, Massac, Pope, Pulaski, and Union Counties.

2020 Community Report Characteristics

316

8TH GRADERS

241

10TH GRADERS

259

12TH GRADERS

816

TOTAL
PARTICIPATING
STUDENTS

Illinois Youth Survey

2020 Community Report Results

% OF STUDENTS IN THE SOUTHERN SEVEN REPORTING USE IN THE LAST YEAR

41.6%	ALCOHOL
11.6%	CIGARETTES
28.3%	E-CIGARETTES
14.6%	ANY TOBACCO
4.0%	INHALANTS
21.0%	MARIJUANA
4.3%	OTHER ILLICIT DRUGS
6.0%	PRESCRIPTION DRUGS

National Drug Take Back

The National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications.

National Prescription Drug Take Back Day was set for October 24th, 2020 and April 24th, 2021. Each year, several police departments and pharmacies in our service area participate in the Drug Take Back days.

Arrowleaf's Substance Use Prevention Program and the Youth Advisory Committee at Anna Junior High School distributed flyers to community members, displayed flyers in many area locations, and shared participating Drug Take Back locations and information on the Agency's social media sites.





Prescription Drug Take Back Programs

Dispose Safely. Prevent Abuse.

Dispose of unused or expired medications the safe way, by bringing them to an approved collection site.

Drugs that are thrown in the trash can be retrieved by others and sold, and flushing medication can potentially contaminate the water supply. **By safely disposing, you will help prevent poisoning, misuse and overdose in your community.**



Do your part in fighting **Prescription Drug Abuse**

by stopping by one of the following locations to drop off your expired or unwanted medications

Johnson County

City of Vienna
205 N. 4th St.
Vienna, IL 62995
(618) 658-5161

Goreville
Professional Pharmacy
901 S. Broadway
Goreville, IL 62939
(618) 995-1555

Massac County

Massac County
Sheriff's Department
515 Market St.
Metropolis, IL 62960
(618) 524-2912

Pulaski County

Pulaski County
Sheriff's Department
500 Illinois Ave # A
Mound City, IL 62963
(618) 524-2912

Union County

Anna Police Dept.
201 E. Vienna St.
Anna, IL 62906
(618) 833-3571

NO QUESTIONS ASKED!

Information provided by the Healthy Southern 7 Region Coalition
WORKING TOGETHER TO CREATE A HEALTHIER SOUTHERN 7 REGION



Youth Advisory Committee

Twelve Anna Junior High students and 17 Anna Jonesboro Community High School students joined forces with Arrowleaf Prevention Program to form a Youth Advisory Committee (YAC) at each school. The YAC groups met monthly with Teresa Goddard, Independent Consultant from Arrowleaf, throughout the 2020-2021 school year.

The Youth Advisory Committee members assisted in the development and planning of all Communication Campaigns, National Prevention Week activities and National Drug Take Back events throughout the 2020-2021 school year. Meetings were held monthly during the school year at each school. Each meeting had an agenda and notes for minutes were taken by a YAC member. Each of the YAC groups expressed their desire to help make the community a better place. Each YAC worked together as a team by brainstorming to come up with creative ideas in planning the National Prevention Week events. Their hard work, time and effort paid off in hosting a Prevention Poster Contest. The goal for this event was to increase public awareness in the Union County community and to take action around substance abuse and mental health issues. Despite many barriers due to COVID-19, the YAC members remained motivated and hardworking to make a positive difference in their communities.

Youth Advisory Committee Members

Anna Junior High School:

Presley Bierstedt, Zoe Chen, Drew Sadler, Raelynn Sadler, Zoe Sadler, Mason Yates, Ruby Yates, Daylon Butler, Trevor Goins, Taj Hodges, Foster Needling and Tess Wilkins

Anna Jonesboro Community High School:

Lily Baker, Jolie Barger, Callysta Borders, Kelsie Cole, William Carwyle, Evie Eddings, Kaelyn George, McKena Kimmel, Chloe McFarland, Jessica Sartin, Payton Seip, Kaya Coleman, Kaden Lincoln, Madelynn Eastman, Sienna Morrison, Maelee Dover and Brodie Denny

Thank you for all of your time, dedication and commitment during the 2020-2021 school year! We appreciate all of your hard work!

Youth Advisory Committee

The Anna Junior High Youth Advisory Committee (right) was excited to receive YAC t-shirts.

The members chose to include one of the Anti-Vaping Communication Campaign messages to have printed on the shirts.



The Anna Jonesboro Community High School Youth Advisory Committee (left) was excited to receive YAC t-shirts.

The members chose one of the Underage Drinking Communication Campaign messages to have printed on the shirts.



National Prevention Week

National Prevention Week (NPW) is a Substance Abuse and Mental Health Services Administration (SAMHSA) sponsored annual health observance dedicated to increasing public awareness of, and action around, substance misuse and mental health issues. Each year around this observance, communities and organizations across the country come together to raise awareness about the importance of substance use prevention and positive mental health.

National Prevention Week is held each year during May—near the start of summer, an important time for school, communities, and prevention professionals to re-focus on prevention. The timing of National Prevention Week provides an opportunity for schools and organizations to host prevention-themed events before the school year ends, raising awareness about this important issue among students and their families. These are key periods of social transitions, a risk factor for youth substance use, and an opportunity to develop or strengthen the community, school, and family bonds that protect young people from substance use.

Purpose of National Prevention Week

The three primary goals of National Prevention Week are to:

- Involve communities in raising awareness about substance use and mental health issues and implementing prevention strategies
- Foster partnerships and collaboration with federal agencies and national organizations dedicated to improving public health
- Promote and disseminate quality substance use prevention and mental health resources and publications

National Prevention Week

Daily Themes:

- May 10: Prevention of Prescription & Opioid Drug Misuse
- May 11: Prevention of Underage Drinking & Alcohol Misuse
- May 12: Prevention of Illicit Drug Use & Youth Marijuana Use
- May 13: Prevention of Youth Tobacco Use (E-Cigarettes & Vaping)
- May 14: Prevention of Suicide

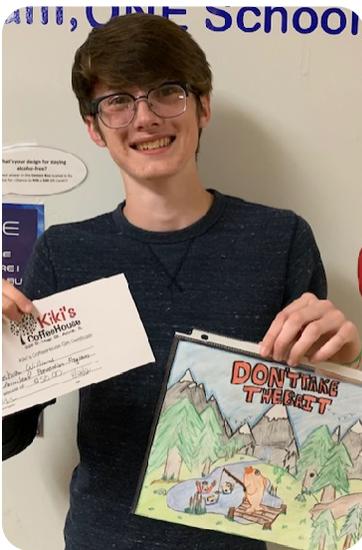
Anna Junior High and Anna Jonesboro Community High Youth Advisory Committees embraced the opportunity to be part of National Prevention Week by organizing a school wide Prevention Poster Contest. The YAC members distributed flyers and educational materials throughout the schools, community and local businesses.



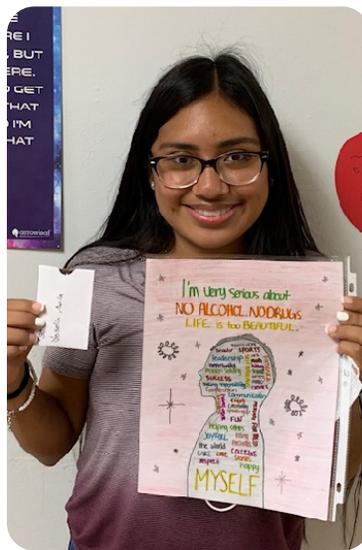
Pictured above are the six Prevention Poster Contest winners. The Anna Junior High School Youth Advisory Committee worked hard planning the poster contest for NPW. The daily themes for NPW were posted, positive messages were shared each day along with resources and information. The winners received gift cards courtesy of Anna State Bank and Kiki's CoffeeHouse.

National Prevention Week

The Anna Jonesboro Community High School Youth Advisory Committee worked hard planning the poster contest for NPW. The daily themes for NPW were posted, positive messages were shared each day along with resources and information. The winner received gift cards courtesy of Anna State Bank and Kiki's Coffee House. NPW posters were judged and six winners were selected. Prizes included: \$50, \$30, \$20, and (2) \$10 gift cards.



First Place: Joshua Williams



Second Place: Yoselin Avila



Third Place: Eric Chen

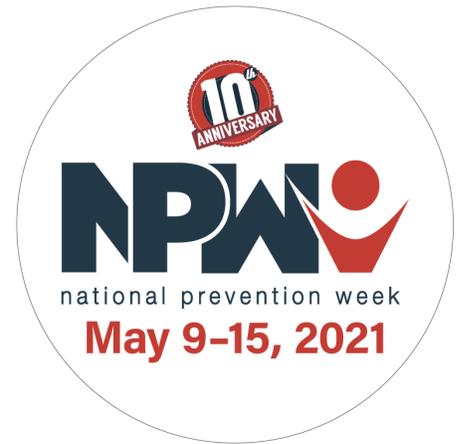


Honorable Mention: Katie Sullivan



Honorable Mention: Brilea Smith

National Prevention Week



Arrowleaf Substance Use Prevention and Community Youth Services staff hosted a Drunk Driving Simulation event on Tuesday, May 11th to coincide with NPW's Underage Drinking and Alcohol Misuse theme. Attendees attempted to drive the go-kart (pictured below) through traffic cones while wearing glasses which simulated the effects of alcohol.



Arrowleaf Substance Use Prevention and Community Youth Services staff

Thank you to the University of Illinois Extension Center for providing the simulation equipment and Shawnee Rides Mass Transit for providing their facility to host the event.

Communication Campaign

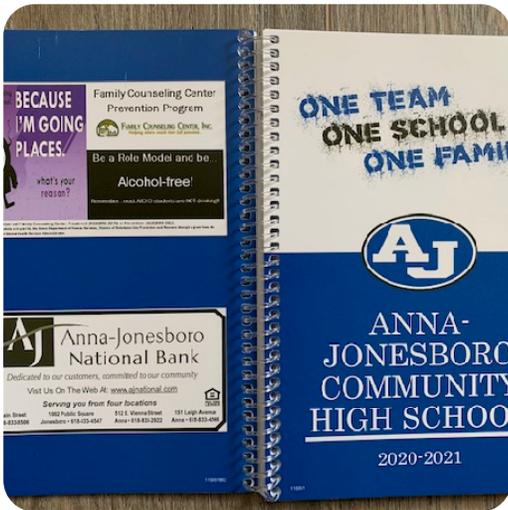
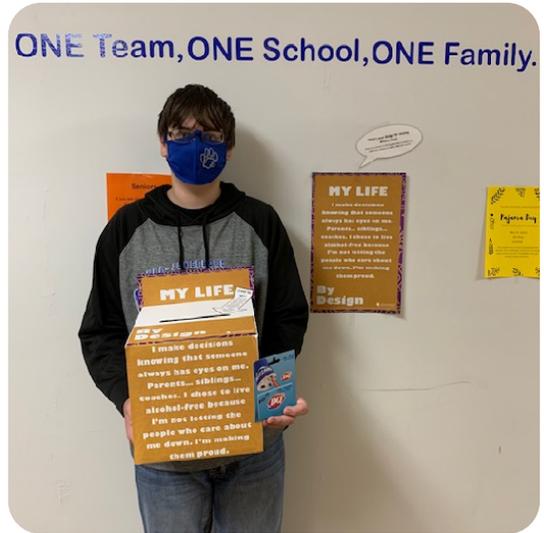
Often times young people have the mindset that “everyone is doing it” when it comes to alcohol and other substances. Short term risks and harm associated with the use of substances are often ignored. Arrowleaf uses data, information and facts to help in changing the perceptions, knowledge, attitudes and behaviors of our youth through the use of materials such as posters, fact sheets, newsletters, announcements, program ads, banners as well as fun contests throughout the school year.

Collaborating with State Farm Insurance and its agent, Brad Donna, gift card prizes were awarded for the “My Life By Design” contest drawings. Different questions were announced and posted on posters. Students placed their responses in the contest box and a winner was drawn for each contest. Six winners received a \$40 gift card.



Communication Campaign

"Life By Design"



A program ad was placed in the student handbook/ planner to include an underage drinking campaign message . All AJCHS students received a handbook/planner to use for the school year.

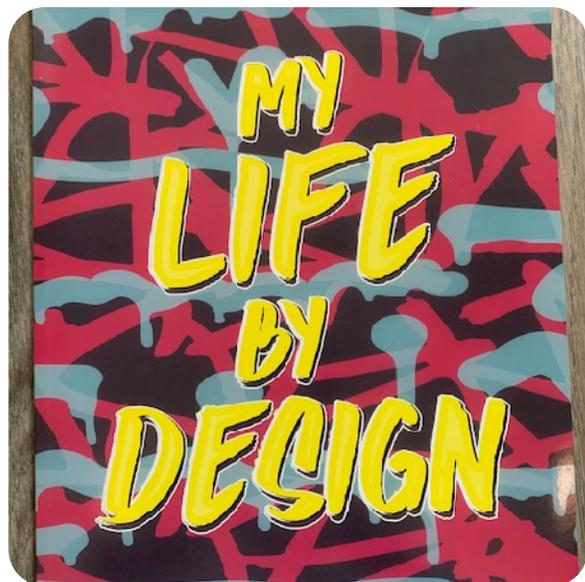
MY LIFE

I'M AN INSPIRATION
BECAUSE I REFUSE TO
DRINK UNDERAGE. IT
KEEPS ME BEING THE
BEST FRIEND, STUDENT,
AND LEADER I CAN BE.

BY DESIGN

Communication Campaign

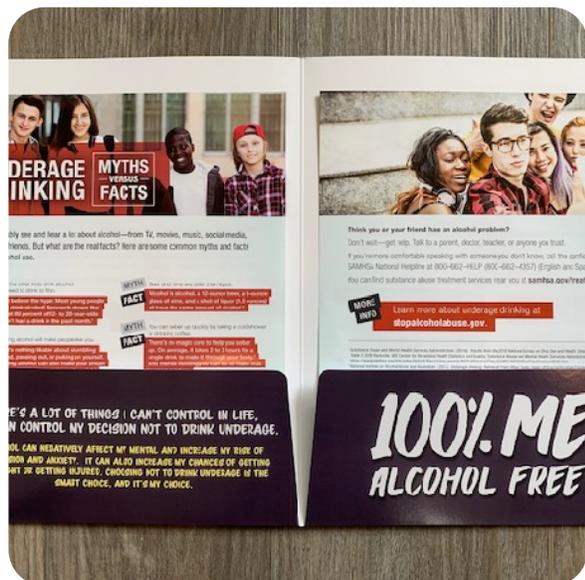
"Life By Design"



Campaign folders with underage drinking facts and information were distributed to all Drivers Ed students at AJHS.



Candy with underage drinking prevention messages and water bottles with prevention messages and fact sheets on underage drinking were distributed.



Communication Campaign

Anti-Vaping

E-cigarettes are the most commonly used tobacco product among youth. However, according to the Substance Abuse and Mental Health Services Administration (SAMHSA), four out of five U.S. students overestimate peer e-cigarette use. Vaping products are unsafe for young people, there can be dangerous health consequences. Because of the need to change perceptions and provide education, a new campaign was launched this school year at Anna Junior High to focus on vaping. Arrowleaf's Substance Use Prevention program uses data, information and facts to help in changing the perceptions, knowledge, attitudes and behaviors of the students at Anna Junior High School.



Communication Campaign

Anti-Vaping



Campaign folders with anti-vaping facts and information were distributed to all 7th grade students at AJHS

I DON'T VAPE

I NEED MY LUNGS TO

LAUGH.
DANCE.
SKATE.
SPEAK.
MOVE.
BREATHE.

Communication Campaign

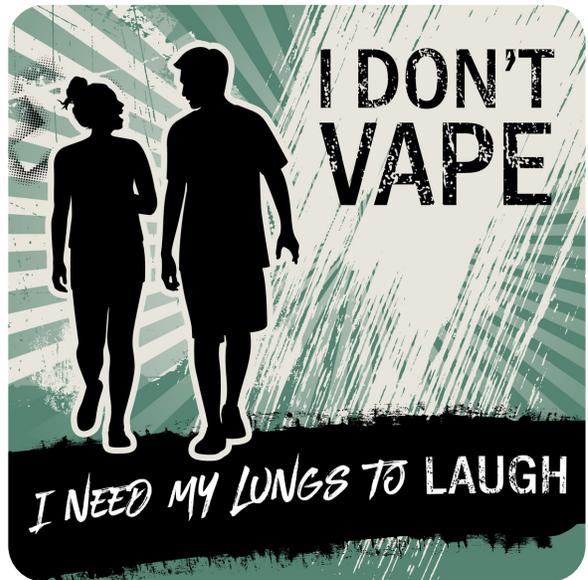
Anti-Vaping



Prevention messages and fact sheets on Anti-Vaping were shared in all 8th grade classrooms at AJHS.



All 8th grade students at AJHS received an Anti-Vaping campaign bookmark.



Thank you!

Thank you to our community sectors partners who helped with the success of the FY21 Substance Use Prevention Services program.

Staff and students of participating schools: Anna Junior High School, Anna Jonesboro Community High School, Century School District, Cobden Jr./Sr. High School, Goreville School District, Hardin County Schools, Maple Grove Elementary School, Joppa Jr./Sr. High School, New Simpson Hill School District, Shawnee Junior-Senior High School, Vienna Grade School, Vienna High School

Donors and Sponsors: Brad Donna State Farm, Anna State Bank, Tim McGrath Edward Jones, Kiki's CoffeeHouse, and WIBH Radio

Your support, involvement, dedication and generosity were truly appreciated.

For More Information and To Get Involved:

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