

substance use prevention

FY22 Annual Summary



arrowleaf[®]

Growth. Community. Transformation.

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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 five Prevention Educators, our Youth Prevention Education curriculum is provided to all seven southernmost counties in Illinois.

Youth Prevention Education

Each student receives their own workbook which they get to keep. 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.

FY22 Outcomes

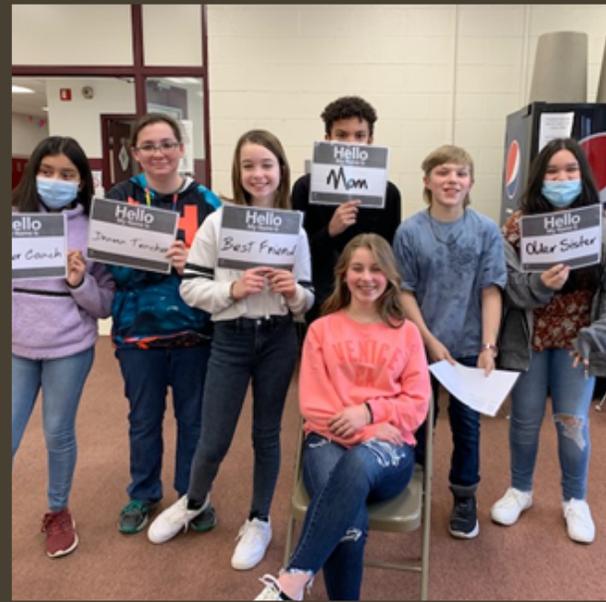
18 Participating Schools

43 Total Classes

800 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 & Managing Emotions

Communicating Effectively

Too Good for Drugs Model

New for the 2022 - 2023 School Year: Too Good for Drugs 4th and 5th Grade

Too Good for Drugs Grade 4

Students are introduced to the groundwork for drug-free living through a fun and interactive journey of setting reachable goals, communicating effectively, and making responsible decisions. The program focuses on developing students' social-emotional skills and reinforces those skills through interactive activities. Students embark on a canoe trip to discern positive and negative friendship qualities and take on super powers as Captain Funderwear and Princess Glitter Blast to learn the dangerous consequences of unsafe use of prescription medications. Other activities include an A-mazing maze to identify the steps to making good decisions, a car race to find healthy ways to manage emotions, and role-plays for mastering peer-pressure refusal strategies.

Too Good for Drugs Grade 5

Students learn to build a social emotional framework for drug-free living through a fun and interactive journey of setting reachable goals, making responsible decisions, managing emotions, and refusing negative peer pressure and building positive friendships. Students strap on their spurs as they enter the Old West with Outrage Otis and witness his hard-learned lesson about managing emotions. Then they set sail with Captain Goldsworthy to use their effective communication skills to find buried treasure. Expanding on previous teachings, diagrams highlight 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 6

Students navigate their way to a healthy future through mitigating risk equipping students with the self-confidence to refuse peer pressure and influence and resist substance use. 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 to immerse the students in the learning. The course presents 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 Model

Too Good for Drugs Grade 7

Students build social emotional capacity for drug-free living through a fun and interactive journey of setting reachable goals, making responsible decisions, managing emotions, and refusing negative peer pressure and building healthy relationships. 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 to immerse the students in the learning. The course presents 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

Too Good for Drugs in High School applies real world challenges teens face in high school to explore practical guidance for understanding the negative health effects related to prescription drug misuse, underage drinking, marijuana abuse, opioid abuse, and nicotine use. Students also explore the stages of addiction and the risks associated with experimentation. Skill development is at the core of Too Good to promote social awareness and self-awareness to equip teens to evaluate the social and peer influences they face as well as the internal pressures to take unhealthy risks to fit in with their peers or to escape. Interactive activities challenge students to explore healthy alternatives to unhealthy risks as they work to reach their goals.

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.

Substance Use in Youth

- 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

% of 8th, 10th, and 12th grade Students in the Southern Seven Counties Reporting Use in the Last Year as reported on the 2020 Illinois Youth Survey

FY22
Average Increase in Skills & Knowledge

22%

6TH GRADE STUDENTS

14%

7TH GRADE STUDENTS

9%

8TH GRADE STUDENTS

15%

HS STUDENTS

Illinois Youth Survey (IYS)

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. 2020, 2022, 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.

How do we participate?

Registration for the 2024 year will begin in September 2023. 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.

If your school participated in the 2022 IYS year, you will receive a comprehensive report from the Center for Prevention and Research Development (CPRD). These reports may be sent to Arrowleaf staff to create a snapshot review of the data to help school administrators interpret the strengths and areas of need as reported by the students.

Illinois Youth Survey (IYS)

2022 Community Report Characteristics

358 8th Graders

401 10th Graders

347 12th Graders

1106 Total Students

Questions About Your Report? Contact Us!

Arrowleaf is happy to assist with interpreting your school report. For assistance please contact:

Morgan Nickles
SUPS Program Coordinator
morgan.nickles@myarrowleaf.org

Thank you to IYS 2022 Survey

Participating Schools:

Anna Junior High
Anna Jonesboro High School
Cairo Junior/Senior High School
Century Junior/Senior High School
Cobden Junior High
Cobden Senior High
Dongola Junior High
Dongola Senior High
Egyptian Junior High School
Egyptian Senior High School
Goreville Elementary School
Goreville High School
Hardin County High School
Hardin County Junior High School
Jonesboro Elementary School
Joppa Junior/Senior High
Lick Creek Middle School
Massac County High School
Massac Junior High School
Meridian Elementary School
Meridian High School
New Simpson Hill School
Shawnee Junior High
Shawnee Senior High
Vienna High School
Vienna Elementary School

Thank you staff and students for your dedication to complete the 2022 Illinois Youth Survey. Your contributions assist the SUPS program and area providers in better serving the community!

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 23rd, 2021 and April 30th, 2022. 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. Thank you to Hardin County Pharmacy for allowing Arrowleaf SUPS & RCORP staff to host an on-site Drug Take Back informational on April 30th, 2022!





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 62905
(618) 833-3571

NO QUESTIONS ASKED!

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



Youth Advisory Committee

Thirteen Anna Junior High students and 23 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 most months with Teresa Goddard, Subcontractor from Arrowleaf, throughout the 2021-2022 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 2021-2022 school year. Meetings were held during school hours at each school. Each meeting had an agenda and notes for minutes were taken by a YAC member. The YAC members worked hard, were motivated and willing to become involved to help make a positive difference. 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.

Youth Advisory Committee Members

Anna Junior High School:

Presley Bierstedt, Zoe Chen, Hunter Craft, Finley Diemer, Liz Hammer, Foster Needling, Charlie Pierson, Max Ruddick, Raelynn Sadler, Beckett Thorpe, Cole Whitaker, Mason Yates and Lizabeth Zamora

Anna Jonesboro Community High School:

Jolie Barger, Brinley Corbit, Brooklynn Eastman, Madelynn Eastman, Presli Garner, Kaelyn George, Audrey Hileman, Cash Hodges, McKena Kimmel, Kaden Lincoln, Chloe McFarland, Joely McHarry, Sienna Morrison, Victoria Perez, Zoe Sadler, Jady Samuels, Jessica Sartin, Payton Seip, Kenzie Stover, Tess Wilkins, Ruby Yates, Ian Crunk and Drew Sadler

Thank you for all of your time, dedication and commitment during the 2021-2022 school year! We appreciate all of your hard work!



Youth Advisory Committee



In addition to monthly meetings, YAC members come together to celebrate and have fun!



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.

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.



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 NPW

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



2022 Daily Themes

May 9: Strengthening Community Resilience: Substance Misuse and Overdose Prevention

May 10: Preventing Substance use and Promoting Mental Health in Youth

May 11: Preventing Suicide: Everyone Plays a Role

May 12: The Talent Pipeline: Enhancing the Prevention Workforce

May 13: Celebrating Prevention Heroes

National Prevention Week

AJCHS Winners



First Place:
Kacey Pearl



Second Place:
Brooklynn Eastmann

AJHS Winners



First Place:
Jaylen Althoff



Second Place:
Elina Chen



Third Place:
Ruby Yates



Honorable Mention:
Morgan Casey



Third Place:
Saige Street



Honorable Mention:
Alexis Houseman



Honorable Mention:
Bree Flick



Honorable Mention:
Zoe Chen

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 Prevention Poster Contest winners at Anna Junior High School and Anna Jonesboro Community High School. The winners received gift cards courtesy of Anna State Bank and Kiki's CoffeeHouse.

National Prevention Week

Substance Use Prevention staff in Alexander, Johnson, Hardin, Pope, and Pulaski Counties led students through a variety of National Prevention Week activities. Activities included students practicing ways to say "no" under pressure, enhancing their creative talents with TRiO Student Support Services at Shawnee Community College, and collaborating with Southern Seven Health Department to increase community knowledge of signs of substance use in teens by providing a Hidden in Plain Sight community event.

Collaboration with TRiO Student Support Services through Laser Printing



Hidden in Plain Sight with Southern Seven Health Department



Ways to Say No

"I'm good thanks though" or walk away

~~IF~~ IF I Said No That Means NO

If someone asks you to do drugs. Say no and give a reason why you don't want to.

No. it's not good for Me

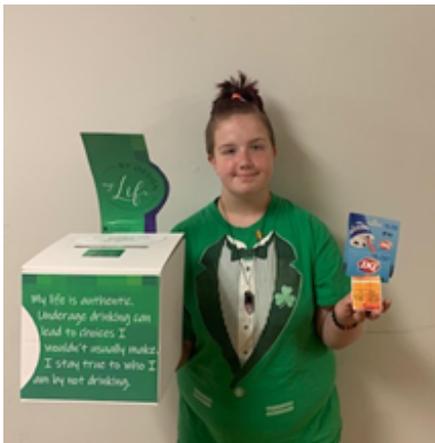
Communication Campaign

Anna-Jonesboro Community High School

"My Life By Design"

Often times young people have the mindset that "everyone is doing it" when it comes to alcohol use as well as 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 the students at AJCHS. We use a variety of materials such as posters, fact sheets, newsletters, announcements, program ads, banners as well as FUN contests throughout the school year.

Through collaboration with State Farm Insurance and its agent, Brad Donna, Arrowleaf purchased gift card prizes for our "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. Five winners each received a \$40 gift card.



Communication Campaign

"My Life By Design"

Anna-Jonesboro Community High School

Candy with underage drinking prevention messages, wristbands, ink pens, rubik's cubes, lanyards, drawstring bags and water bottles were distributed to students. An underage drinking campaign banner was also displayed in the main hall and cafeteria at AJCHS.



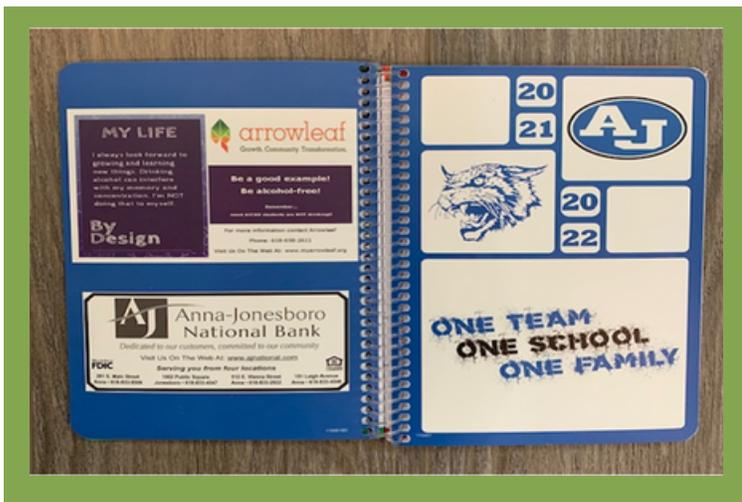
Communication Campaign

Anna-Jonesboro Community High School

"My Life By Design"



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



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

Communication Campaign

"Anti-Vaping"

Anna Junior High School

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.



Collaborating with State Farm Insurance and its agent, Brad Donna, we were able to provide prizes and incentives to use in the campaign.

Communication Campaign

"Anti-Vaping"
Anna Junior High School



Communication Campaign

"Anti-Vaping"
Anna Junior High School



Thank you!

Thank you to our community sectors, partners, and families who helped with the success of the **FY22 Substance Use Prevention Services** program. Your support, involvement, dedication, and generosity in assistance with the many areas of Prevention is greatly appreciated.

A special thank you to:

Staff, Principals, School Board Members, and Students of participating Youth Advisory Committees, Youth Prevention Education, Illinois Youth Survey, and National Prevention Week schools: Anna Junior High School, Anna Jonesboro Community High School, Cairo School District, Century School District, Cobden Jr./Sr. High School, Dongola Senior High, Egyptian School District, Goreville School District, Hardin County Schools, Jonesboro Elementary School, Maple Grove Elementary School, Joppa Jr./Sr. High School, Lick Creek Middle School, Massac County High School, Meridian School District, 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

For More Information & To Get Involved:

visit us at: myarrowleaf.org
or e-mail: info@myarrowleaf.org
or call 618.658.3079



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