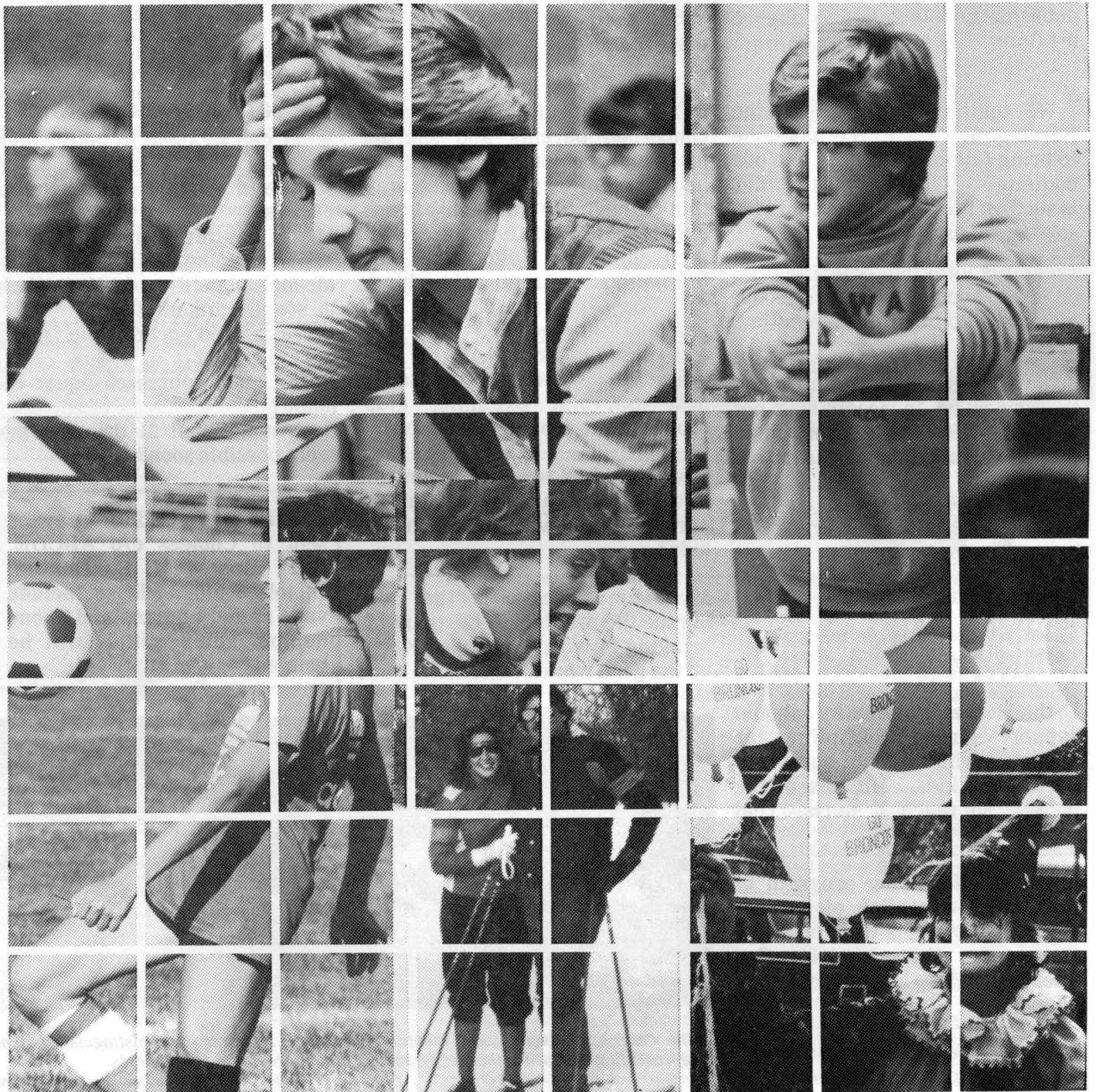


CHOICES

A quarterly publication of ABCDE
Alliance of Barrington Communities for
Drug Education

SPRING, 1984





LETTERS TO THE EDITOR

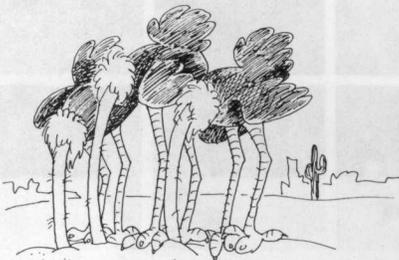
In November, 1983, a national public television program, "The Chemical People", was broadcast throughout the nation. The Barrington area participated in this project through a public meeting where over 1000 residents viewed the program at the high school, middle school and St. Anne parish center. Centel Cable TV arranged for the broadcast of a panel discussion by local teens and adults concerning school age drug and alcohol use. We are publishing comments and questions addressed to the Chemical People Panel convened that evening.



We appreciate the work the Barrington Task Force has done to bring Chemical People into our community. To view this together is such an important beginning for so many of us. Thank you!

I feel it is vital that educating the children about drug and alcohol abuse should begin in elementary school.

I am concerned that the group that we need to reach was not present. They see no problem or they are afraid to face up to it.



I think the community should support strong discipline for parents who allow booze at parties for kids. Hit 'em in the pocket...so much it hurts "real bad".

Is there a follow-up program of mandatory education of parents in a home where a beer bust has gone on? **Editor's note: See interview with Cmdr. Lawler on page 8.**

We need a unified code for Barrington parents for control of alcohol use and supervision of teens.

I think small group meetings of concerned parents and sharing ideas and problems will be a great help to all of us parents who may think they are the only ones experiencing difficulties with their children. **Editor note: To learn about parent networking, call Judy Brebach 381-7828 and read more on page 11.**

Are there other causes for the problems beyond peer pressure; poor parental example, kids dropping out, too much too soon?

The show had a lot of technical information that was useful to parents, but how do we reach the kids?

My main concern is that we pursue the problem to the point of bringing forward a change. Keep up the good work!

We received questions

What can be done to better alert parents, schools, or police of the weekend drug and alcohol parties?

If I suspect my child is experimenting with drugs or alcohol, should professional help be sought immediately?

Is organized crime the group behind drugs?

Is the chief source of liquor the home?

Does a national 21 drinking age seem possible soon?

Letters to the Editor may be sent to **Choices** c/o ABCDE, P.O. Box 768, Barrington, Illinois 60010. Please include your name, address and phone number; only initials will be printed.



The Chemical People town meeting heard the reaction of a distinguished panel representing education, the clergy, sports, law enforcement and students.

Photo courtesy Marcia Opal, Barrington Banner

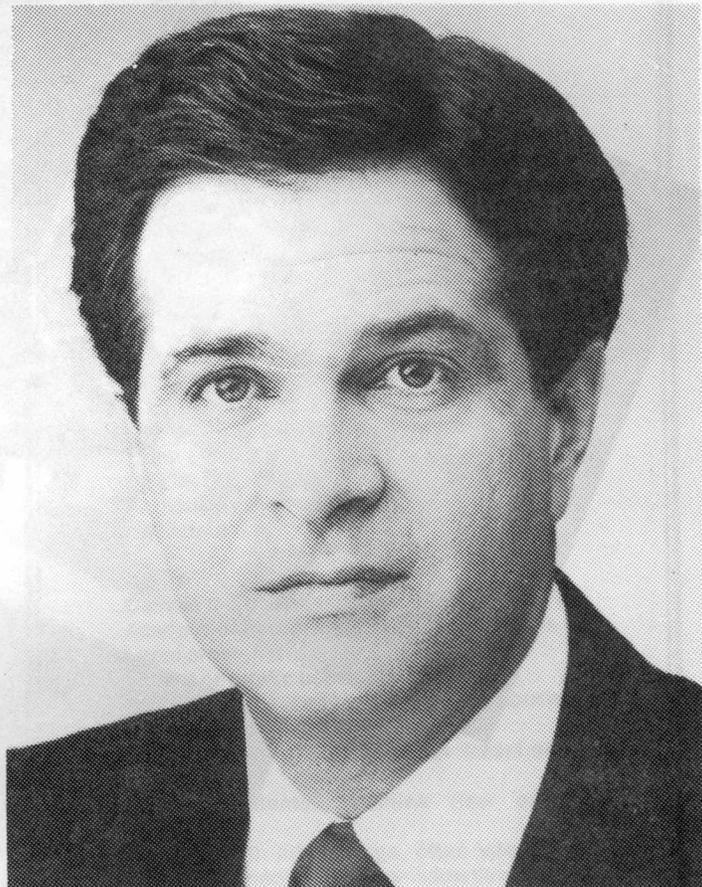
'We're learning with Small Steps'

"We're Learning with Small Steps"

These are the words of hope that Ron Magers, Channel 5 NEWS reporter and co-anchor, will bring to Barrington on Sunday, April 8, at 3:00 PM in the Barrington High School auditorium. Magers has a light and humorous touch when he talks about the contradictions of alcoholism by the media. He suggests that we have emerged from the dark ages of alcoholism and chemical dependency since the American Medical Association declared alcoholism as a primary illness; it is not a symptom of something else, it is progressive, chronic and fatal if not arrested. He is excited about new theories, methods of intervention and approaches to recovery.

Ron Magers came to WMAQ-TV in 1981 from Minneapolis where he anchored the 10:00 PM news for KSTP-TV, the number one late news in that market, as well as co-anchored the 6:00 PM newscast since 1974. Minnesota is one of the first states to address the issue of alcoholism and has a statewide program in its schools. Magers was the on-camera host for "The Chemical People" in Minnesota, with 600 town meetings. He is interested in the process of recovery both personally and community wide; he brings a message to parents and youth which urges awareness and education at the community level. He addresses the public's frustration in putting together the mixed messages about chemical use and abuse, particularly as related to youth. Mary Marling, a Barrington resident and president of the board of directors for the Northern Illinois Council on Alcoholism, says, "Ron Magers has an interesting grasp of the public frustration in deciphering the real truth about the disease of alcoholism. He is a delightful speaker, very engaging, and you want to hear what he has to say."

He speaks to all ages. We invite families, especially those who include grandparents who wish to be informed about the society in which children are growing up. Tickets are \$2 for adults, \$1 student or \$5 family.



Ron Magers of Channel 5 News

Lions Golf boosts ABCDE

Take one warm spring day. Add the Barrington area's most challenging and picturesque golf course. Spice with the incentive of real humanitarian service. The end result?

The Barrington Lions Club annual benefit golf tournament, one of the region's most prestigious (and enjoyable) athletic, social and philanthropic events.

This year, the proceeds from the tournament, to be held Monday, May 14 at the Lake Barrington Shores Golf Club, will be donated to the Alliance of Barrington Communities for Drug Education. In its first two years, the tournament, known as the "Scramble for Sight," netted close to \$17,000 for the Lions of Illinois Eye Research Hospital.

With the Barrington Lions' pledge to the hospital paid in full, the club sought a worthy recipient of the golf tourney's proceeds. Enter ABCDE.

This year, the tournament will have a new name, "The Drive Away

Drugs Benefit Scramble." More than 120 golfers will tee off in a shotgun start to compete for trophies and prizes totalling nearly \$3,000. Entrants may be either foursomes sponsored by corporations, or simply individuals who have the desire to compete.

The entry fee for a foursome is \$400 (\$100 for individual golfers.) In addition, companies may sponsor holes for \$200 and carts for \$100. The holes and carts bear the corporate logo and message of the sponsor.

In a scramble, each golfer hits the best ball of the foursome. Scoring is done on both open and handicap bases.

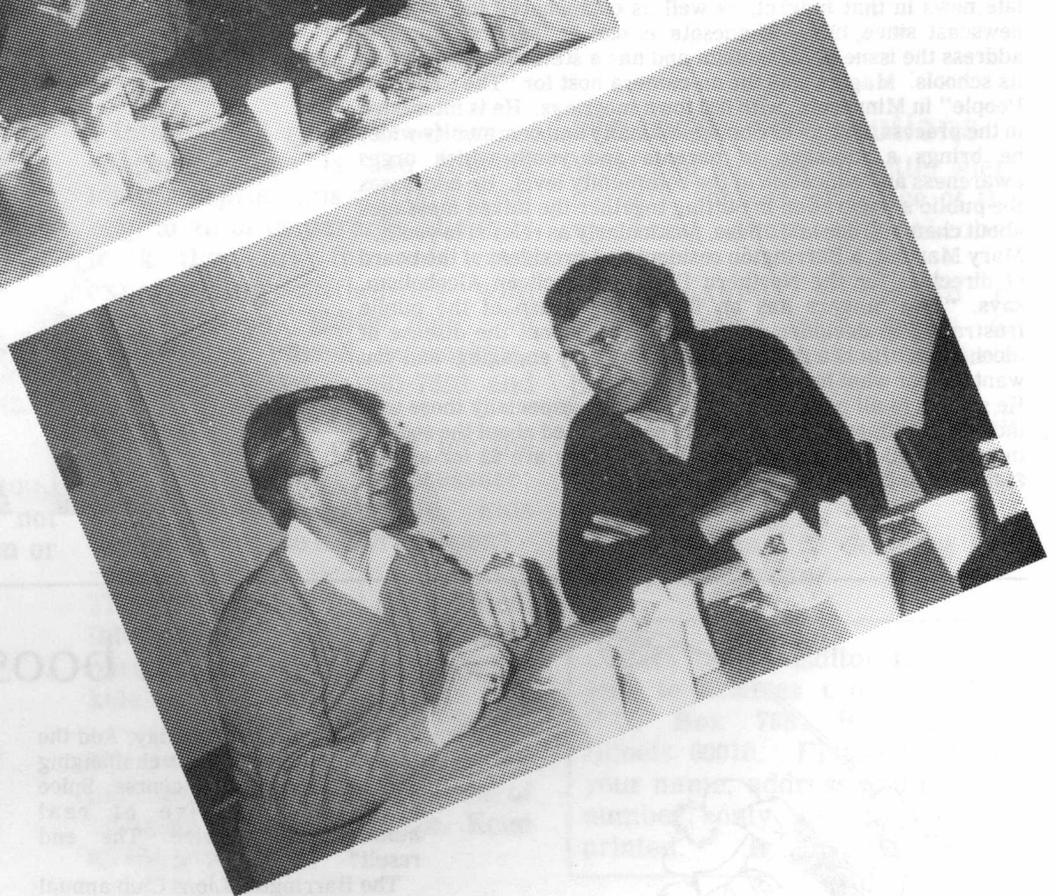
Tournament support, including registration, locker control, scoring and marshaling is provided by members of the Barrington Lions Club.

For more information on how to participate in the Lions' Drive Away Drugs Benefit Scramble golf tournament, contact Drew Davis at 381-9200 or Larry Grelle at 381-8818.





High School staff members Barb Gordon, Phil Knudsen, and Stan Olszewski discuss his film, "A Better Place...A Better Time" with one of the film's producers, top. Jim Crowley, President of Community Intervention, Inc., talks over ABCDE programs with Dr. Clyde Slocum during a workshop lunch break, bottom.



TRAINING The First Step

Jim Crowley, President of Community Intervention, Inc., gave his training team a mandate: get key people in schools, agencies and their community together and "tell them what it's like now. But make sure they see how different it can be and how to make those changes."

That is the exact experience of the ten people who went to Minneapolis for the workshop, "Alcohol and Drugs: working with adolescents in schools and the community." Intense daily classes gave effects of drug and alcohol abuse, the pain it brings to teenagers and their families and the confusion among the

adults who could be helping but who are paralyzed by indecision, fear and conflicting recommendations for action. It was an experience. It was a beginning.

A giant plus for the Barrington group was to have its school superintendent and ABCDE chairman Dr. Clyde Slocum experience the same dynamic speakers, role playing, films, and the intense learning lab. All of these culminated in a final day of planning to set what was learned into a plan of action for the Barrington area. Those who attended in addition to Dr. Slocum include: BHS staffers Barbara Gordon,

Sally Graham, Phil Knudsen, Stan Lany, and Stan Olszewski; Barrington Middle School counselor Ron Schmerber; Barrington Youth Services director John Fuller, and ABCDE committee chairpersons, Judy Brebach and Faith Semla. These ten, together with previously trained Dr. Ed DeYoung, BHS principal, and Alice Kilpatrick, BHS psychologist, will be the beginning core team whose job it is to develop a program for the community—**mobilize the community**. As the plan of action is put into effect, it will need the community's support and approval.

Editor's Note: This article was submitted by a senior at Barrington High School. The student notes that, "I must stress the fact that some kids do go to parties and refrain from drinking even though it is the major source of entertainment. (We) are a small percentage, but (we) should get recognition"—

When I stopped drinking...

I found that the number of hours I spent talking on the phone dropped drastically, along with the number of "friends" I had. I discovered that most of the friends I thought were close friends, were actually just "drinking buddies". Thus when I stopped drinking they became more like acquaintances than friends.

A more positive result was that I learned who my real friends were. When I would invite kids over, not to drink, but rather to watch a movie or play pool, my real friends would show up. The others would call at the last minute with an excuse why they couldn't come.

As a result of my new parties, a close group of friends was formed. I am not saying that no one in our group drinks, but everyone can have a good time without alcohol. The most important factor which holds our group together is that we can have fun no matter what we do. It is not necessary for us to have something specific planned. However, it is nice to have activities such as dances or ballgames to look forward to, or any special night which is not just alcohol related.

Another important factor which makes our group different from others is our individuality. Even though we function well as a group, we are all individuals who can stand alone without the support of a crowd. Many kids rely on their social groups to give them confidence—this is not true in our group. There are many ways to have a good time without drinking; unfortunately, it is not easy. It takes time to learn that you can let your individuality emerge and have a good time without having a few beers first. But eventually you will be way ahead of the crowd. I have learned that in time someone will recognize you for being your own person, they will appreciate you, and maybe even love you for it.

A Summer Experience

Resist Peer Pressure: develop a healthy self-concept!

Illinois Teenage Institute for Substance Abuse (ITI) is NOT a treatment program. Rather, it is a unique six day educational experience for teens at 4-H Memorial Camp, Allerton Park, Monticello, near Champaign, Illinois. The program goals are to provide a quality learning experience regarding alcohol and drug abuse and to develop self-awareness which encourages participants to take leadership roles in their home communities. In an atmosphere that promotes the expression of feelings, fears and wishes, young people develop healthy self-concepts.

Sessions are July 16-21 and July 23-28. Last year Barrington High School students Erika Toren (381-2589) and Cindy Sheppard (381-3139) attended and invite you to call them if you have questions. For further information write or phone Lynda Chott, Illinois Alcoholism and Drug Dependence Association, 401 West Highland Avenue, Springfield, Illinois 62704, 1-800-252-6301. Applications are available at Barrington Youth Services, 412 W. Main Street, Barrington, 381-0345.

Some Facts

ALCOHOL (a chemical, ethyl alcohol; medically, a depressant narcotic drug, potentially addicting both mentally and physically; it is NOT a stimulant)

Some Physical Effects

- ...Main effect on brain, spinal cord; knocks out control center, destroys tissue
- ...Liver damage, increases risk of cirrhosis, cancer
- ...Increases risk of heart disease
- ...Ulcers, gastritis
- ...Impairs life-saving reflexes

Some Mental and Emotional Effects

- ...Failure of judgment
- ...Blocks emotional growth
- ...Personality disorders
- ...Hallucinations

Hazards

- ...Causes the disease of alcoholism
- ...Academic failure, school related problems
- ...Legal problems
- ...Violent or erratic behavior
- ...Birth defects caused by mother's use/abuse of alcohol
- ...Overdose can result in death (respiratory paralysis)
- ...Traffic accidents, fatalities (few or no reflexes)
- ...Interacts with other drugs, often intensifies effect; combined with other addictive drugs, such as heroin, tranquilizers, etc., can speed up addiction to them

Some False Ideas

- ...Sober up with black coffee, cold shower, fresh air, etc. **WRONG.** ONLY TIME can do this; the body **BURNS** (oxidizes) alcohol at a fixed rate of about 1 oz. per hour. 90-95% of ethyl alcohol in bloodstream is broken down by the liver, the rest is eliminated via lungs, kidneys, perspiration.
- ...Beer, punch, mixed drinks are not as potent as hard liquor alone **WRONG.** It's the **AMOUNT** of alcohol that gets into the bloodstream that counts.

Disease of Alcoholism

- ...Primary illness, like cancer, heart disease, TB, etc., can strike a person at any age; an adolescent may become addicted in 3-6 months.
- ...It doesn't matter how much or how little a person drinks. Dependency exists when behavior related to the use of alcohol leads to problems in any area of the person's life; in spite of these problems the person continues to drink.
- ...Chronic, not curable, but treatable
- ...Fatal if not treated

Alcoholism is a primary illness.

A RECOVERING TEENAGE ALCOHOLIC

There was a time when I felt that everyone hated me, a time when I really hated myself. My life centered around my best friend and my best friend was alcohol.

Life wasn't that of a normal teenager for me. I couldn't wake up or go to sleep or do anything without alcohol and other drugs, but I couldn't admit what was wrong with me. In the 8th grade I had A's and B's, but by my sophomore year I was literally failing out.

To get money for drugs, I started stealing it from my family and friends and I shoplifted. I became promiscuous and began to lose my sense of morality, my sense of right and wrong. Alcohol made all my decisions for me. I manipulated and conned my parents into believing I was OK—"just a few emotional problems". So they arranged for me to meet weekly with a psychiatrist.

I remember well how it all started. My best friend was older than I was and when I went to parties with her, all the kids would be drinking and I would drink too. It made me either very outgoing or very withdrawn. Either way I felt comfortable.

My disease progressed rapidly, which is rather common for teen abusers. I went from having a few beers at a party to smoking joints. I quickly discovered how easily accepted I was by the other kids. Before I entered high school, I had only gotten high four or five times. By the second quarter of my freshman year, I was getting high every day.

When I was not using drugs and alcohol, I was thinking about when I could. This is one of the reasons my grades went down. If I wasn't high in class, which I usually was, then I was planning on how to get high. No one seemed to notice, or if they did, they didn't say anything.

Smoking pot led to hash, which led to speed, etc. Then I found myself doing things I had said I would never do like cocaine and acid. At the time I went into treatment, I was taking four hits of speed a day and drinking about a fifth of whiskey a day, not to mention all the other drugs I took on a regular basis. I could drink incredible amounts of alcohol and still walk around. I drank everywhere, including in front of my parents. I devised ways to steal alcohol and bring it up to my room after school so that I would have something to fall asleep with. During the evenings I would drink out of a white plastic cup so

I could fill it with whiskey or rum and mix in 7-Up or Coke. There were nights when I could barely walk upstairs. My parents thought I was just tired.

There were few people in my life who recognized my problem for what it was.

When someone began to bother me about my drinking habits, I would stop talking to that person. As far as my family went, conning my parents was easy because they wanted so desperately to believe me. Sometimes I would confess to the fact that I got high once in a while to cover the real fact that I was getting high every day. I would use mistakes that my brothers and sister made to blackmail them not to tell on me. I had an excuse for everything and I made sure there were people to back me up.

I would go for days without sleeping and then sleep for long periods of time. I practically stopped eating—except when I had the "munchies" and then I would eat whatever was there to eat. Occasionally I lapsed into what is called a blackout (when I was conscious, walking around, talking, etc.), but later I couldn't remember anything. At times, I would come out of a blackout and not know where I was. Sometimes, especially towards the end, I knew I was powerless over alcohol. I knew down deep that I was an alcoholic, but I couldn't stop. I couldn't even tell anyone. I dropped as many hints and clues as I could manage. I think I wanted someone to force me to stop, yet at the same time, I wasn't ready to stop. One day after school I sat up in my room playing with an assortment of about 100 pills. I wanted to die and I wanted to live. Then I realized that there was another choice. I didn't have to die for things to change. It was a change in my entire life that I wanted. I was finally sick and tired of being sick and tired and I didn't want to hate myself and my life anymore. I thought I was going crazy. At this point I was an alcoholic, but I was nowhere close to actually admitting or accepting it. I asked by parents for help. They arranged to have me evaluated at an adolescent drug abuse treatment center.

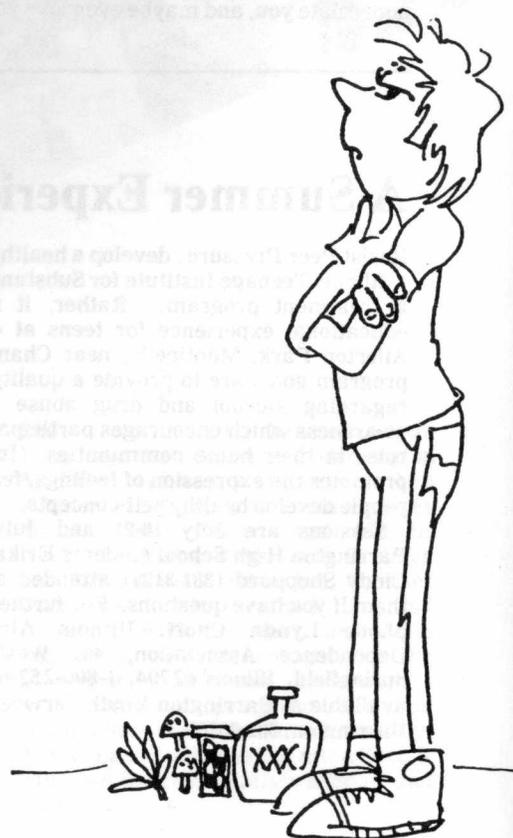
One thing I didn't expect when I went into treatment was withdrawals; I had never had the shakes before or anything like that. I guess that's because I stayed drunk. In treatment they had to give me Valium to stop the shaking. I didn't want to take it because I didn't want to admit that I needed it.

I became aware of Alcoholics Anonymous and I learned a lot about alcoholism. After a number of months, I decided that yes, I did want to stay straight. I finally admitted and accepted that I am an alcoholic and drug addict. Believe me, it's not easy to

give up your best friend even after you realize that it's really your enemy.

After I got straight, a lot of my friends didn't accept me anymore. It's kind of ironic because when I started to hang around with them, it was because they accepted me regardless of how I dressed and stuff like that. I didn't realize then that there was a condition on their acceptance of me and that condition was that I use (abuse) alcohol and other drugs. At first it was really rough and I felt very much alone, but over the last two years, I have made a lot of new friends. I am a member of Alcoholics Anonymous and I work a twelve step program to help me make myself a better person, with God's help.

Today I know that I am a sick person who is getting better. I have a disease. The relief in knowing that is immense because it gives me a chance to live. Today I know that people love me because I love myself. I am getting a 4.0 this semester in school. I have trust from my family, I don't steal and I have enough self-worth to know I don't have to give anyone my body; I don't need that kind of love and approval today. My life isn't a fairy tale and I'm not perfect by far, but I'm making it. I'm not leaning on a bottle today; my bottle broke.



It is progressive, chronic and fatal.

A MOTHER MAKES IT

My name is Jeanne. I'm married and the mother of four children. I live in a community very similar to Barrington. Three years ago, my life and my family's lives were out of control. The main reason for this was my oldest daughter, Katy. She had changed from a close loving daughter and sister to a hateful stranger. In school, her grades were going steadily down from A's and B's to C's and D's. We thought she had a motivational problem. I thought I was being a good, helpful mother when I spent hours helping her with papers that were always due tomorrow. "Help me just this once Mom, I forgot it was due." Too bad I didn't allow Katy the dignity of accepting the consequences of her own mistakes. I hired tutors. I was there to talk to her teachers, to make excuses for her. "Yes Mr. Pierce, Katy seems to have a few problems with motivation—but yes, Katy promises to do better, don't you Katy?" She just needs another chance and another and another—

My whole life became absorbed with trying to figure out what was wrong with her and what to do about it. Our loving relationship turned into shouting and screaming matches. She'd have fits of anger where she'd get hysterical, throw books, dishes and rip things apart. She fought constantly with her brothers and sister. Mornings before school were mini-nightmares. Katy bullied her sister, threw hairbrushes at her brother, while she screamed obscenities at them. Once we were actually physically fighting with one another—Katy was screaming, "I hate you, you disgust me." It would end with me sobbing uncontrollably. Repeatedly Katy told me that she was sorry that she had been born and that she wished she could die but that she didn't even have

the guts to kill herself. Where had I gone wrong? I'd think, what kind of a mother am I that my child no longer wants to live; I felt really bad about myself—unworthy.

My relationship with my husband also changed. At night we'd lie in bed talking, or should I say shouting, about Katy. I'd say, "If only you showed her that you loved her more, this wouldn't be happening." He'd shout, "Look who's talking, you're not doing such a great job yourself." We blamed each other but privately we each blamed ourselves. Something had to be done. We decided that Katy had emotional problems and that she needed professional help. Katy agreed to go to a psychiatrist for weekly sessions. We went occasionally when asked to. The psychiatrist evaluated Katy as having emotional problems and continued to treat her. Nothing changed.

As time went on I became more anxious, frightened and depressed. I became unable to make simple decisions. Living with the fear that Katy might take her life made me an easy person for Katy to manipulate and use. When I'd check to see if Katy was where she was supposed to be, there were always friends to make excuses, and someone to back up Katy's lies to me. It got to the point that I'd have to psyche myself up just to go grocery shopping. Even then I'd find myself in the middle of an aisle sobbing. I refused invitations to go out, stopped calling friends and we stopped having company. Katy occupied all our thoughts and time.

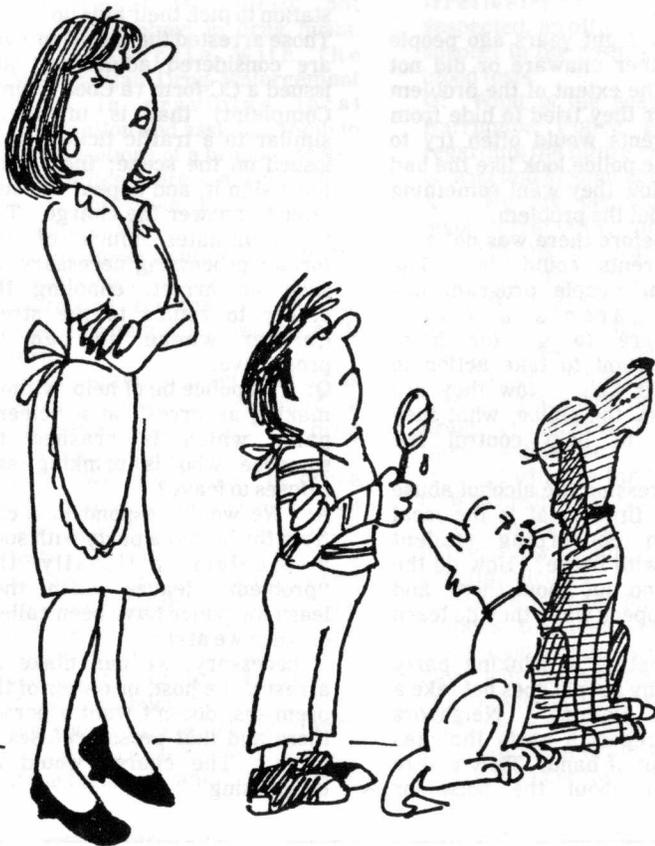
At this point you might say, "Didn't you even suspect that your daughter might be taking alcohol and drugs?" Yes, like most parents I was concerned about Katy's use of alcohol and drugs. We had had long talks and discussions about the harmful effects. Once Katy had come to me and told me that she had been using marijuana, but she realized now that it wasn't the right way to solve problems and besides, she didn't like the way it made her feel. She wasn't going to use it anymore. At the time, I was so proud that Katy could be so open with me and that I could trust her. I wanted so much to trust her. Little did I know that Katy realized I was beginning to suspect that she was using pot. Therefore, before I could confront her, she would come to me and confess. This way I would trust her and she could continue to use pot without my suspecting. We talked about drinking. "Oh yes, Mom, I have beer or two at a party, everybody does, but I'll never have anymore than that—I promise you."

I did not know that at that point Katy's tolerance for alcohol was so high that she could have a fifth of whiskey at a party, and still make it home somehow. Why didn't I smell it? Katy and I no longer kissed and hugged—it bothered her to be too close to me. Most of the time she'd yell, "Mom, I'm home," and dash up the stairs.

Katy spent a lot of nights over at girl friends' homes so she could get really high and drunk at the parties and we wouldn't find out. Sometimes I'd hear strange noises in the middle of the night. I'd get up and check the children's rooms to make sure they were alright. I thought that Katy was in but later I learned that she had stuffed animals under her covers and had sneaked out. Once Katy had stumbled when she got up from a chair in our family room. I had said, "Be careful, Katy, your foot fell asleep and you could break your ankle." Later I would understand that Katy stumbled because she was drunk.

Katy's brothers and sister knew part of what was going on but they saw everything as a separate incident—never piecing it together. Also, they knew that you don't rat on your sister. Katy spent a lot of time convincing them of this. They felt that they would lose her love if they told. Every time we went out, Katy got drunk and would get hysterical. Our one son, Steve, was trying so hard to stop Katy from drinking. He was sure that he could fix her problem. (His biggest hint to me was, "Mom, I don't think you should buy 7-Up anymore.") I would find out later that in order to continue drinking when we were around, Katy would take a white

(Continued on next page)



Mother makes it—

(Continued from preceding page)

plastic tumbler, fill it with whiskey and add 7-Up while we were together in the family room.

Desperate for an answer, I would search Katy's room, tear apart her drawers and read anything I could find hoping for a clue to this insanity. One day, Katy and a girl friend were in our kitchen after school, acting so strange—not just silly and giddy. The next day, I found a note on her desk. All it said over and over again was, "I am so drunk, I am so drunk." Now I understood. What I had suspected, but had not wanted to believe, was true. Sobbing, I ran to the phone to tell John. We met Katy at the door after school and confronted her with the note and our suspicions. She denied being a "real" abuser and angrily screamed that she no longer wanted to live. She stormed off to her room, but soon came down again to say that she was afraid she might be crazy and she wanted us to help her. She looked so miserable, so helpless. We made arrangements for her to be evaluated the next day at an adolescent treatment center. The counselor told us that Katy was an alcoholic and drug addict. I still didn't believe that I was totally unaware of the signs of alcohol and drug addiction:

Personality change.

Mood swings.

Irritability.

Change in personal values.

Poor attitude.

Lack of motivation.

Memory problems.

Part of Katy's treatment included weekly sessions for our family. We learned about the disease of alcohol and drug addiction and how it affects every member of the family. Family members can become as sick or sicker than the abuser. This didn't surprise me because it happened to me. The good news was that Katy could get better and my family and I could get better as well. John and I began attending a self-help group called Families Anonymous which helps parents deal with their child's drug or alcohol abuse. Also, there is a group called Alateen available for brothers and sisters.

I went to Families Anonymous and started working on changing myself from the frightened, nervous person I had become, to the person I am today. I have become and am still becoming a person who has achieved a certain degree of inner peace and serenity. This shows in every facet of my life. Physically, I feel and look good—that inner glow I feel shines forth. Mentally, I am relaxed and confident. I live each day the best way I know how. Today I am not afraid to say no to my children. I'm able to follow through on my decisions.

I feel proud of my daughter. For the past two years, she has been recovering successfully from her disease. Our family is working together, loving and caring for one another, and I'm making it.



An Interview with Cmdr. Lawler

Sergeant Jeff Lawler, a member of the Barrington Police Department for nine years, is acting as liaison with the ABCDE, serving on the Board of Directors and on the Judicial Committee. Having been head of the BPD Criminal Investigation Bureau before his recent appointment as Commander of Patrol, Lawler is extremely well versed on the local drug and alcohol abuse scene.

Choices sent a student journalist from Barrington High School, Eric Bond, to interview Lawler for a perspective from the law enforcement viewpoint.

Q: Are drugs and alcohol abuse by young people much of a problem in Barrington?

A: Both alcohol and drugs are a real problem. We are not much different than other suburban communities.

Alcohol abuse is probably a greater problem now among teenagers than marijuana. Also, it is not unusual to find cocaine now. It is still very expensive, but in this community it is not that difficult for young people to get.

Drug use generally is not as visible as four or five years ago. The high school is making a strong effort to control it and they seem to be having some success.

Q: What affect did showing the Chemical People film have on the community?

A: People appear to be more concerned now. They seem to be ready to take some positive steps to come to grips with the problem.

Seven or eight years ago people were either unaware or did not realize the extent of the problem here. Or they tried to hide from it. Parents would often try to make the police look like the bad guys. Now they want something done about the problem.

Also, before there was not a lot that parents could do. The Chemical People program has given parents a focus, somewhere to go for help. Parents want to take action to help their kids. Now they are asking us, the police, what they can do to help control the problem.

Q: Addressing the alcohol abuse problem first, what is the local situation concerning student parties with booze? How do the police find out about them, and what happens when they do learn of one?

A: Locating a drinking party with young people does not take a Sherlock Holmes. Neighbors usually report a party that has gotten out of hand. They call to complain about the noise—or

some act of vandalism, such as a car driving over their lawn. We also find many parties just by observing a large number of parked cars that are recognized as young people's cars. All we have to do is see one can of beer in the hand of someone obviously underage to have "reasonable cause" to enter the premises and enact arrests.

If the parents, or the owners of the house, are present, they are liable for arrest also. Barrington enacted an ordinance in 1982 that enables police to hold the parents responsible for what goes on at their children's parties. We have made several arrests under this ordinance and find it very helpful in reducing the prevalence of drinking parties with minors.

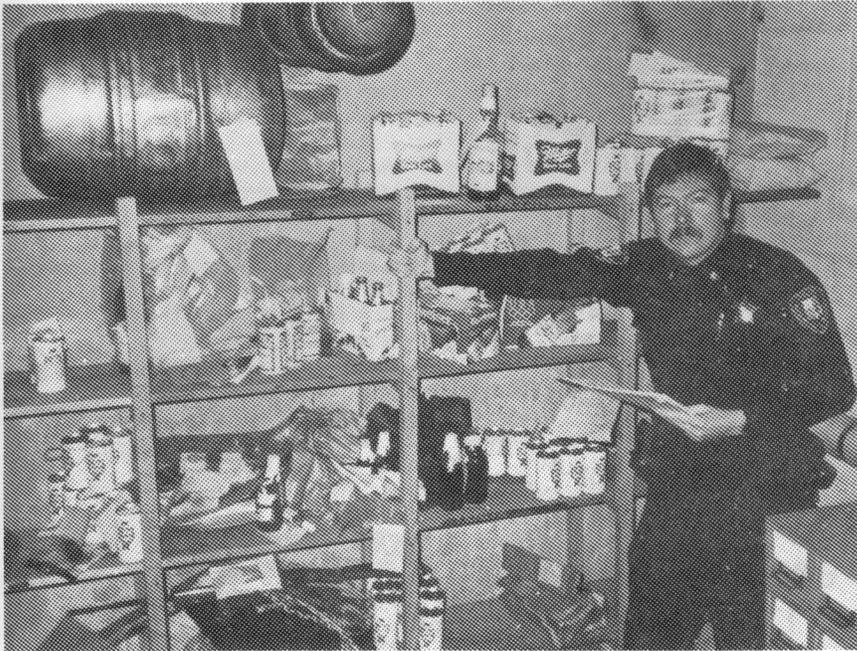
Kids under 16 that are arrested for possession of an alcoholic beverage are brought to the police station. Their parents are contacted and have to come to the station to pick their kids up.

Those arrested that are 17 or over are considered adults and are issued a CC form (a Cook County Complaint) that is in effect, similar to a traffic ticket. It is issued on the scene; the person must sign it, and appear in court later to answer the charge. The CC eliminates much of the former processing necessary for such an arrest, enabling the officer to return to the street quicker where he can be productive.

Q: Can police be of help, without making an arrest, at a "clean" party which is crashed by someone who is drinking and refuses to leave?

A: We would respond to a call from the host of a party with such a problem. Usually the "problem" leaves when they learn the police have been called, or when we arrive.

If necessary, we can make an arrest if the host, or owner of the premises, doesn't want a person there and that person refuses to leave. The charge would be trespassing.



Police Commander Jeff Lawler in the police evidence room with contraband drugs and alcohol.

Q: How is a drug "bust" conducted?

A: The Barrington Police Department is usually not directly involved in drug busts. We cooperate with the Metropolitan Drug Enforcement team in providing local information and assisting them in investigations of a broader scope.

Our officers are too well known to be effective as undercover agents locally.

We do make routine arrests for possession of small amounts of controlled substances. Again, these are handled by issuing a CC form.

Q: If parents suspect a child has a drug problem, is there a laboratory where tests for drug use can be made?

A: We send our evidence specimens to the state laboratory. If a parent wanted tests run, they must bring a sample of the suspected substance to the police station. We will send it to the lab. However, it takes about two months to receive the results. That's how busy the lab is.

We could use one of our "field" kits to make an immediate assay if the facts warrant it. The kits do

not provide results acceptable as evidence in court, but do give positive indication of drugs found. If a person is behaving irrationally and drugs are suspected, an officer can take the suspect to the hospital and order blood tests.

Q: What is the position of the Barrington Police Department regarding the future enforcement of drug and alcohol abuse laws?

A: We are pleased with the involvement of the community in the ABCDE program and the individual interest evident as a result of the Chemical People film. We are going to continue our strict enforcement policies. It would be nice to record a year without a student death due to drugs or alcohol—but I don't think it will be soon.

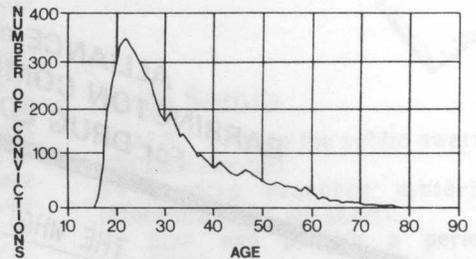
It is unfortunate that the border of Wisconsin is so near, and that there is not greater support for a national law requiring age 21 for drinking alcohol.

But there is room for optimism. Today's teenager seems to be wiser about drugs. And hopefully more will find the courage to be an individual and resist peer pressure to "try one." Knowing the truth about drugs and alcohol makes it easier for them.

THE FACTS:

- Young adults in Illinois are convicted for driving under the influence of alcohol or drugs (DUI) more than any other age group.

1982 ILLINOIS DUI CONVICTIONS BY AGE AT TIME OF ARREST



- In Illinois, a person is legally considered to be under the influence when the alcohol concentration is .10 percent or more, based on a ratio of alcohol to blood or breath.
- Any amount of alcohol may impair the ability to drive safely.
- Under Illinois' tough new DUI law, DUI arrests by Illinois State Police increased 70% during 1982, and DUI convictions on 1982 arrests increased 45% over 1981 arrests and convictions. Illinois traffic deaths decreased by about 200, or 11%, in 1982.

FAKE ID's

It is now a federal offense to make or use fake identification cards. The penalties for making a fake ID are: Maximum fine of \$25,000 and possible jail for five years.

ALLIANCE OF BARRINGTON COMMUNITIES FOR DRUG EDUCATION (ABCDE)

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Superintendent, Dist. 220
Vice-Chairman
Charles M. Lamar
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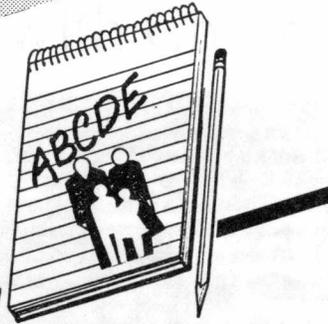
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**ALLIANCE of
BARRINGTON COMMUNITIES
For DRUG EDUCATION**



THE WHAT AND WHY OF ABCDE

The pervasive problem of teenage alcohol/drug abuse here and across the country has received increasing media exposure and closer student and parent attention since "CHEMICAL PEOPLE" programs of last November. And indeed the problem should since its magnitude has reached alarming proportions. No one can escape the results of teenage chemical abuse, drunk driving, vandalism, burglaries, as well as the physical and psychological damage to the individual.

The Alliance of Barrington Communities for Drug Education (ABCDE) is a community task force effort to develop more effective programs to fight teenage use and abuse of alcohol and other drugs. The Alliance is comprised of volunteers, mainly parents, but it also includes students, policemen, and clergymen, as well as representatives from the schools and from the fields of medicine and law. We seek the involvement of anyone concerned about and interested in doing something about the drug problems of Barrington area youth.

The purpose of the Alliance is to reduce school-age drug use by (1) increasing awareness of chemical abuse, (2) providing pertinent information and support to students and parents, (3) improving drug education in the schools, and (4) facilitating cooperation among existing agencies and organizations dealing with youth and their drug problems.

Yes, it is an ambitious task, but our young people do need more help in coping with a chemical society, and we believe that together we can make a difference. We solicit your suggestions, your involvement and your support.

Clyde W. Slocum
Chairman, ABCDE

PREVENTION COMMITTEE



John Fuller

GOALS: To organize and encourage alternatives to youth social activities oriented to alcohol and other drugs.

To assist the District 220 Curriculum Review Committee in its evaluation and improvement of drug education in the current health curriculum.

A committee concerned with 6-8th grade students compiled and published a list of winter activities in the Barrington area, met with Barrington Youth Network to encourage sharing of information and activities, helped promote activities on school holidays at Langendorf Park, the library, the bowling alley, and the high school swimming pool.

A committee concerned with alternatives for high school age encouraged groups or clubs at school to sponsor informal dances.

FUND RAISING



Bruce Bell

GOALS: To raise funds to pay for newsletters, programs, speakers, information materials, and training for young people, parents, and professionals.

Bringing Ron Magers to Barrington on April 8, is this committee's first event. It is also developing a program of "leadership gifts" that will enable the community to contribute its financial support to ABCDE. Funds to help purchase films were donated by grade school PTOs at Grove Avenue, Sunny Hill, Hough, Lines, and Countryside, while the high school Home-School Committee donated two teacher scholarships to the Minnesota training program. Barrington Youth Services paid the cost of mailing this first issue of **Choices**.

LEGAL AND GOVERNMENT LIAISON



Henry Tonigan

GOALS: To communicate with local police, courts and governments.

To lobby for appropriate local ordinances and legislation.

The Legal and Government Liaison Committee reviewed local ordinances and statutes and compiled a book of "model" laws regarding chemical use/abuse. The "model" code would be an ideal way for all local governments to have uniformity in the laws pertaining to area citizens. This is being introduced to local BACOG legislators for review.

The committee is studying immunity for school teachers and administrators who intervene when a student is confronted for chemical use/abuse at school.

INTERVENTION COMMITTEE



Judith Brebach

GOALS: To plan and organize parent networking groups and to support student self-help groups.

To assist in the development of early detection techniques by teachers and parents and after-treatment care groups for students.

The parent networking committee has developed a presentation for organizations such as PTO or church, to create interest in forming parent networking groups. The film "Sons&Daughters/Drugs&Booze," a paraphernalia demonstration kit, and discussion of the objectives of a parent peer group is included. Training, guidelines and materials will be offered to aid individual parent peer groups as they form. The BHS Home-School Committee has invited parents of

freshman students for this presentation on April 9, 8 PM at the high school. The Barrington Middle School invited its students' parents to attend a presentation on April 11, 7:30 PM at the middle school.

INFORMATION



Faith Semla

GOALS: To keep the public aware of ABCDE activities.

To develop resource materials (literature, films, speakers).

To plan and publish a periodic newsletter.

Major work has been done to:

—Gather factual and educational material for this newsletter, including donation of time, talent, paper and mechanical help.

—Create a resource center, which will be located at Barrington Youth Services, when its renovation is completed. These resources are to help anyone planning an educational/awareness program. Call 381-2094 for information about:

...samples of literature, drug and alcohol facts, dynamics, abuse, etc.

...catalogs, both film and literature

... suggested uses of films committee has previewed. These films are available by calling Barrington High School, A-V Service Center, 381-1400, Extension 248, Jeanette.

...list of possible area speakers and program suggestions

...literature for distribution donated by local Alcoholics Anonymous groups

—Advise the community of ABCDE committee meetings and activities via new releases to area papers.

—Preview films, a continuing job.

—Undertake updating of book list at local library and to continue to search for volunteers willing to read and evaluate current books.

ALLIANCE OF BARRINGTON COMMUNITIES FOR DRUG EDUCATION P.O. Box 768, Barrington, IL 60010

YES! I WOULD LIKE TO PARTICIPATE IN FIGHTING DRUG USE-ABUSE BY SCHOOL-AGE YOUTH! I WILL:

- WORK ON A COMMITTEE** (please check which committee)
 Information Prevention Intervention Legal & Government Fund Raising
 SUPPORT EFFORTS WITH A TAX-DEDUCTIBLE DONATION
 Voting Annual Membership (Adults \$5.00 Students \$1.00)
 Gift (\$)

Name: _____ Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Office Phone: _____

Participation is not limited to financial supporters. **EVERYONE** can take part in as active a role as is possible.

CREDITS

Choices is published by ABCDE Information Committee, P.O. Box 768, Barrington, IL 60010.

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my friend has a problem



... where can he get help?

MAKE SURE THE HELP YOU SEEK MATCHES THE NEED

Individual and/or Family Counseling
 Barrington Youth Services (fee on sliding scale or free) 381-0345
 Family Services of South Lake County (fee on sliding scale) 381-4981

Private Counselors, see Yellow Pages under "Psychologist"

In-Patient and/or Out-Patient Care for Chemical Use, Abuse, Dependency
 Alcoholism-Drug Dependence Program (A.D.D.) Rolling Meadows 394-9797
 Alexian Brothers Medical Center, Alcohol and Drug Treatment Unit, Elk Grove 981-3524
 Community Concern for Alcohol and Drug Abuse (C.C.A.D.A.) Elgin 742-3545
 Forest Hospital, Des Plaines 827-8811
 Gateway House 356-8205
 Highland Park Hospital 432-8000
 Interventions/Contact Youth Clinic, Wauconda 526-0404
 Lake County Health Dept., Substance Abuse Program, Waukegan 689-6770
 Lovellton, Elgin 695-0077
 Lutheran General Hospital Alcoholism Treatment Center, Park Ridge 696-7715
 Northern Illinois Council on Alcoholism, Waukegan 244-4434
 Northwest Community Hospital, Arlington Heights 259-1000
 Parkside Lodge, Mundelein 634-2020

Other care facilities, see Yellow Pages under "Alcoholism Information and Treatment" or "Drug Abuse and Addiction Information..."

Support Groups for Persons with Chemical Dependency Problems
 Alcoholics Anonymous (person with problem must make the call):
 Barrington 359-3311
 Carpentersville 741-5445
 Cary, Fox River Grove, Wauconda (815) 455-3311
 Hoffman Estates, Bartlett 893-2300
 Narcotics Anonymous 346-9043
 Self-Help Group, 115 Lincoln Ave., Barrington before 6 p.m. 381-0524
 after 6 p.m. 639-1667

Support Groups for Family and Friends of Persons with Chemical Dependency
 Al-Anon (family) 358-0338
 Al-Ateen (teen-age relatives or friends) 358-0338
 Al-Ayoung (relatives or friends ages 19-23 years) 358-0338
 Families Anonymous (family and friends of drug abusers) 848-9090

Support Group for Person with Chemical Dependency AND Family and Friends
 New Wine Christian Club, 209 S. Main, Wauconda 526-5200 or 381-2986

Parent Support Group for families in crisis because of unacceptable adolescent behavior
 Tough Love:
 Carpentersville-day 428-3602 evening 428-2303
 Crystal Lake (815) 455-3213
 Glencoe 835-4805
 Lake-in-the-Hills 658-5472
 Mount Prospect 297-7351 or 253-3009
 *There are at least sixteen AA groups in the Barrington Area, while numerous Al-Anon groups meet in Barrington or surrounding villages daily, day or evening. To learn more about AA or Al-Anon, attend an open meeting at Langendorf Park, Barrington, EVERY SATURDAY, 8 p.m.

This educational material is sent through the courtesy of School District 220, postage paid for by Barrington Youth Services.

Barrington Community Unit School District 220
 310 E. James Street
 Barrington, IL 60010

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