



# LETTERS TO THE EDITOR

ALLIANCE of  
BARRINGTON COMMUNITIES  
FOR DRUG EDUCATION



## ABCDE

ABCDE is a community effort to prevent school-age alcohol/drug use. Through its newsletter, CHOICES, ABCDE promotes education and awareness to achieve that goal.



## ALL KINDS OF PEOPLE WRITE US

**READERS:** Last September, BHS student Adam Hoyt died in an auto accident. After making the needed announcements about funeral arrangements, BHS principal Dr. Ed DeYoung expressed his concern for each student. His comments reflect the feelings of many others and we print them here for all students, especially those who did not hear his words.

*"I usually say good morning when I speak with you, but it is not a particularly good morning. For the second time in a few weeks, a classmate, a student has died. A lot of people are saying "Why?" or "IF only..." I want to say something to you that I wish I could say to each of you face to face, one on one, but I can't.*

*Each of you is unique, special, with your own personality. You matter to your parents. You matter to your teachers or coaches or other staff at this building or to me. You matter to each other. Regardless of how strong or quick you think you are, those bodies that you live in are incredibly fragile. They can break ever so easily. Be careful. Life is composed of a series of decisions. It's great to laugh, dance, to have fun, as well as to study. But please. Let the living learn. None of us need another tragic accident."*

**TV AS TOOL...** Experts say parents should be educators about alcohol and other drugs, sex, etc., too. I found my children rarely bring up these subjects; it is up to me to initiate the discussion. TV is most helpful! Using beer and wine commercials and some program scenes provides me with the opportunity to make sure they know where I stand. **LR**

**PARENT CHOICES...** My friend has a problem. His father is a "Marlboro Man." His mother has "Come a long way, baby," to the point where she, too, is hooked on tobacco. They both use alcohol socially, and host get-togethers where alcoholic drinks are served. How on earth is my friend ever going to gain the conviction to discriminate between drugs which merely cause lung cancer or an appalling number of automobile fatalities each year, and those that "fry your brain"? Maybe he doesn't see a significant difference. Maybe his parents need to take an honest look at themselves from his viewpoint...and begin to set an example he can follow by giving up their own addictive drugs of choice. **BES**



**LEARNING FROM CONSEQUENCES...** It sure doesn't help kids to learn from their poor choices if parents don't support their learning experience by following through with consequences. I heard that of 23 kids attending a so-called no-booze party last September, only three were "volunteered" by their parents to take part in the BHS INSIGHT educational/support program. What happened to the slogan, "Given a lemon, make lemonade!" **SG**

**AFTERMATH...** Some of the "atmosphere" that we have encountered [after the death of a high school student in an alcohol-related crash] reflects that kids are feeling the pressure of tighter parental controls on free-time activities. They are expressing serious doubts about the "code" signed by the athletes because they don't see it being enforced equitably. They know what is happening by athletes and others but are not saying anything out of fear of reprisal from both peers and adult leaders at school...There seems to be a parental backlash that is based on emotion rather than reason. **Youth Pastor**

**PREVENTION DOLLARS...** Many people worry about the abuse of animals. We also need to be concerned with helping the people, often youth, who abuse themselves or other people. Prevention dollars, in the "never enough" category, need to be directed toward helping people. **FAM**

## What do you think?

YOUR COMMENTS PLEASE...Write CHOICES, PO Box 768, Barrington, IL 60011 Include your name and address; only initials will be printed. We reserve the right to edit for space and clarity.

## SAME MONUMENTAL TASK

Five years ago CHOICES published an article about the monumental task of removing an enormous object that was getting in the way of many things that were vital to our well-being. For instance, an elephant in the living room! The community was compared to the living room of a chemically dependent family where conversation had stopped, kids wouldn't visit except the ones who knew about the elephant, parents were immobilized because they blamed each other for the elephant's presence until the kids could not learn, were lonely, and frustrated.

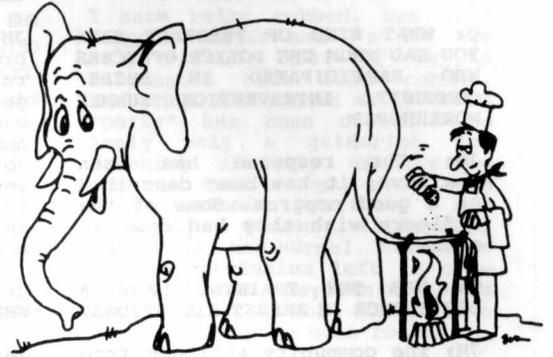
To get rid of the problem, it was decided that education about the ways of the elephant was needed, how to get rid of it, and then to chip away until the elephant was gone.

Such is the problem that adolescent alcohol and other drug use causes in a community. It is a reality in Barrington and in just about every other community in the U.S. ABCDE has been tackling the problem for almost eight years,

raising awareness, providing education, and urging prevention and intervention programs to be initiated. It has been an enormous task, one which may never go away.

Individuals, agencies and organizations have been taking bite-after-bite, continually eating away at the elephant. Parents are talking about it, agencies are networking, organizations are providing funds and educational programs, and more kids and families are getting help, many for early problems which later could lead to adolescent chemical use and worse.

We have learned a few important factors: (1) The definition of prevention is still evolving. (2) Denial throws a serious roadblock in the way of individuals who need to address the problem. (3) Protection of turf can get in the way of networking. (4) Education is essential to understanding that there is NO QUICK FIX. It is important to (5) KEEP GOING by working on the roadblocks and CELEBRATING THE SMALL SUCCESSES. After all, we can't eat an elephant in one bite.



...You can't eat an elephant in one bite...

(For a copy of ABCDE's history and accomplishments, write CHOICES History, P.O. Box 768, Barrington, IL 60011)

## WHY SO DIFFICULT?

WHY is there no "quick fix" to the problem of adolescent alcohol and other drug use? Some of the reasons why there is no single, easy solution and why the "drug war" has so many battle fronts are:

...It takes time to change a societal attitude. Attitudes which reflect denial of the problem prohibit change; those who protect their own turf inhibit cooperative efforts.

...The problem is worldwide, where the use of illicit drugs has created a trafficking enterprise and a very serious international crime problem. Serious and costly domestic problems are created by alcohol abuse.

...Every community, economic, racial, social, or gender group is affected.

...There is not enough money for all the needed research, prevention, and treatment programs.

...People make a lot of money from alcohol and other drug production, advertising and sales.

...Alcohol and other drugs are easily available to youth.

...People move; there is constant need for education and other programs. Student groups are temporary; any positive changes in attitudes go with them when they move or graduate.

...Family structure, lifestyle, and values may change. Parental values differ, sometimes in one household. Parents with similar

values often do not support each other.

...Children receive many mixed messages from the adult world. Adult role models are not always positive ones.

...Parents do not always have adequate parenting skills.

...High risk children, such as children of alcoholics or those with behavior disorders, often do not receive help. Adult children of alcoholics need help and support to prevent dysfunction in their own families.

...Health care services are inadequate for a large number of children, especially those in lower income and single parent families.

...Kids are pressured to gain higher achievements. The basics of relationship-building skills are overshadowed by the need to get ahead.

...Older generations are not knowledgeable about the problem and sometimes "can't believe" what is true, adding to the problem of denial.

...There is no guarantee that children of "good" parents will not experiment or become involved with alcohol/drugs.

## BASIC PREVENTION: PROMOTE WELLNESS

Healthy is a term often identified with absence of disease, while wellness includes health care activities which address emotional and social well-being. Thus, nutrition, sleep, exercise, and generally taking care of oneself is involved in health care. A realistic self-concept, skills in coping with stress and decision making, along with the ability to have positive relationships are some contributors to emotional well-being.

"Alcohol and drug use is often a symptom of deeper underlying emotional issues. Chemical substances are used as a way of coping with the stresses of life and it is the fabric of our society that emphasizes using substances and "things" as a way to fill the voids in our emotional lives. Seldom is the message given that what is valuable in life are positive relationships, sound values, and a wellness approach to living. Prevention is not JUST about not using alcohol and other drugs; prevention is about developing a healthy approach to life," states Fred McKenzie, director of Barrington Youth Services.

Parents are the earliest prevention workers; they are the ones who can start with prenatal care and then continue to promote the physical and emotional health of a child, always recognizing the individual needs of that child. To do that, parents need to educate themselves about a myriad of subjects, learn parenting skills, and give a consistent example and message.

"Unless we adopt a balanced approach to the problem of adolescent drug use, we will continue to act like the fabled blind men who each touched a different part of the elephant and then argued about whether it was more like a snake, a wall, a whip, or a tree trunk. We will not begin to have a real impact on adolescent drug use until we combine forces and stop being willfully blind to the nature of the beast." James W. Crowley, "Alliance for Change"

## AN INTERVIEW WITH CHIEF MARQUETTE

Barrington Police Chief Jeff Marquette answered the following questions for CHOICES:

**Q: WHAT KIND OF FEEDBACK HAVE YOU HAD FROM THE POLICE OFFICERS WHO PARTICIPATED IN ABCDE/COMMUNITY INTERVENTION SUMMER WORKSHOPS?**

**JM:** The response has been positive; it has been described as a good program. Some of the officers wish they had done it sooner.

**Q: HAS THE TRAINING MADE A DIFFERENCE IN ARREST SITUATIONS?**

**JM:** The community attitude from people who have been through the program has provided greater support for law enforcement and its function.

**Q: PEOPLE CALL THE POLICE ABOUT ACTIONS/ACTIVITIES THAT THEY ARE CONCERNED ABOUT. WHAT KIND OF CALLS DO YOU GET CONCERNING YOUNG PEOPLE?**

**JM:** We get calls about such things as parties, driving complaints, vandalism, loitering, fights, disorderly conduct, large gatherings such as those at Burger King, gang activity, threats of assault, etc. A lot of these activities center around the use of alcohol and other drugs.

**Q: WHAT KIND OF INFORMATION WOULD BE HELPFUL FOR A PERSON TO PROVIDE POLICE WHEN REPORTING A POSSIBLE ALCOHOL/DRUG RELATED ACTIVITY?**

**JM:** The basic questions that need to be answered are who, what, when, where, why and how. Detail is key. It would include car descriptions, license numbers, physical descriptions, names, day, time of day, etc.

**Q: IN WHAT SITUATIONS MAY CALLERS REMAIN ANONYMOUS?**

**JM:** Anonymity in reported complaints is not something preferred, but it is accepted. By giving a name and number the caller becomes more credible and the police department can get back to that individual if more information is needed.

**Q: WHAT ARE SOME CIRCUMSTANCES WHERE AN OFFICER CAN GO TO THE DOOR OF A SUSPECTED PARTY?**

**JM:** Neighborhood complaints, illegally parked cars, loud noise, physical evidence of drinking, etc.

**Q: ARE THESE CALLED "PROBABLE CAUSE?"**

**JM:** Yes, these are all probable cause situations.

**Q: THERE IS MUCH CONFUSION ABOUT THE ORDINANCE WHICH DEFINES**

**"CONSTRUCTIVE POSSESSION?" DESCRIBE IT AS IT APPLIES TO UNDERAGE POSSESSION OF ALCOHOL.**

**JM:** I must assume that it is brought up to denote those reasons when exceptions will be granted to the actual arrest for underage possession of alcohol. Applying the concept of constructive possession, the young person does not have to be in actual physical control of the alcohol in order to be arrested.

**Q: HE/SHE CAN BE AT A PARTY WHERE ALCOHOL IS BEING CONSUMED?**

**JM:** Yes, if it is an underage party where alcohol is being served, the party in and of itself is illegal. Other factors that the officer will take into consideration in arresting in a constructive possession scenario is the person's proximity to the alcohol, whether or not the officer believed the person had alcohol in his actual possession, the physical condition of the person to include intoxicity, bloodshot eyes, slurred speech, lack of physical control, etc.

**Q: DO YOU THINK YOUNG PEOPLE UNDERSTAND CONSTRUCTIVE POSSESSION?**

**JM:** Yes, it is our belief that young people understand constructive possession. The point is that when they are somewhere where others are committing illegal acts, then "common sense" dictates their immediate departure. The problem lies in peer pressure and it is peer pressure which overrides common sense.



**Q: DOES CONSTRUCTIVE POSSESSION EVER APPLY TO ADULTS?**

**JM:** It applies at any age, including adults. An example of an adult situation could be if an adult is at a party where cocaine is being used, the police arrive (with probable cause) and because cocaine is an illegal drug, he/she could be arrested.

**Q: IF MY CHILD IS ARRESTED AT A PARTY WHERE ALCOHOL OR OTHER DRUGS ARE IMPLICATED, WHAT CAN I EXPECT TO HAPPEN?**

**JM:** If a juvenile is arrested, that juvenile can expect the following: (1) to be physically arrested, (2) to be handcuffed, (3) to be transported to the police department, (4) to be booked, (5) to be issued a complaint and court date, (6) to have the parents contacted, and (7) to have a mandatory appearance in court to answer the charges.

**Q: IS IT EVER POSSIBLE FOR A SCHOOL-AGE DESIGNATED DRIVER TO BE ARRESTED?**

**JM:** It depends on the circumstances. Philosophically, the answer is no, but if he or she is promoting an illegal activity, the possibility for an arrest exists.

**Q: DO YOU EXPECT NEW PROBLEMS TO ESCALATE, SUCH AS GANGS, CULTS, ETC.?**

**JM:** Yes. As the area grows in population, communities take on greater social problems already experienced in denser areas.

**Q: ARE THERE ANY HOPEFUL SIGNS?**

**JM:** Yes. First of all, ABCDE still exists. Secondly, more people are becoming aware through summer workshops, PTO, churches, and community groups. Finally, laws are tougher and enforced.

### WHERE & WHEN?

A Parents' Resource Institute for Drug Education (PRIDE) survey found that teenagers are not using alcohol and other drugs at school nearly as much as they are away from school.

#### WHERE?

at home	18%
at friend's home	19%
other hangouts	19%
in a car	10%
at school less than	2%

#### WHEN?

weekends	36%
weeknights	7%
after school	4%
before school	1%
during school less than	2%

The chief PRIDE researcher, Ron Adams, noted that the school comes closest to accomplishing America's goal for youth to be drug-free. Youth are using alcohol and other drugs on family and community time.

(IDEA Net News '89)



ADOPT THE SCHOOL-  
SPONSORED DANCE RULE  
FOR YOUR KID'S

PARTIES AT HOME:  
*Because some young people go to their car to drink alcohol, they are not allowed to re-enter the party if they leave it.*



### POLICE CARE

Barrington Hills Police Chief Robert D. Lamb cares about kids' safety. He sends a letter to owners whose cars were in the vicinity of a teen party. Here are portions of his letter:

"We recently learned that a party was going to take place in our village. It is not uncommon for word of a party to spread among teenagers, also it is not uncommon for alcoholic beverages to be either served or brought to these parties.

"We have lost three children in three years due to alcohol related accidents, another child was crippled the rest of his life due to drinking and driving. I do not believe that we can sit back and do nothing to stop this senseless loss of life...I have found that many parents truly believe that their kids were at a movie, in bed, or at a friend's home when in fact they were at a party and consuming alcohol.

"...Your car was observed in the vicinity of a party on (date). The police department did not have enough probable cause to enter the home (only a tip) but we did make our presence known...

"I believe that by working together, we can put an end to the deaths and injury to our young people... Parents must say "no," police must do their job with vigor, and educators must not turn their backs on potentially dangerous situations...

"If your car was in this area for a legitimate reason, please disregard this letter..."

### BE SPECIFIC

"My parents never told me NOT to drink." Adults who work with teens have heard this many times. What kids are implying is that their parents have not made their "party policy" clear; parents have not set limits of what is acceptable concerning party behavior, whether the party is at their home or someone else's.

Parents have said, with regret, "I assumed that Mr. and Mrs. Jones would not allow kids to drink in their home." Never assume what others' values are. Kids need the specifics of social behavior and values from their own parents.

Parents need to let their children know the consequences of breaking party rules. According to several Minnesota police departments, "A major reason adolescents give for not drinking is knowing that their parents will be very upset when they find out."



### CONTRACT TO DRIVE

An executive of an insurance company discovered that his child required help to practice safe driving habits. He developed a contract which describes conditions under which she shall maintain driving privileges, those under which her parents will continue to depend upon her for errands and chauffeuring, and stipulations which will lead to suspension of driving privileges.

For a copy of the contract, write to: CONTRACT, Choices, P. O. Box 768, Barrington, IL 60011.

### PARTY ROBBERY

I hate being robbed, but it's happened again and I'm not the only victim. Most of us in Barrington have been robbed, too. That's happened as the word "party" has been degraded to imply only a gathering for drinking alcohol, usually in excess. Bad enough that such high school "parties" are illegal, often sickening, dangerous, and normal. But worse is the conclusion left to non-drinkers that they can't have a real "party" if they don't serve alcohol. They've been robbed!

Many of the so-called "parties" are actually devoid of all the normal features of a real party: friends interacting as real people, special foods and drinks, honest fun and laughter, the extra efforts that show a host or hostess really cares about his/her guests, and a good feeling about it afterwards.

Maybe Sammy Davis, Jr. was the epitome of the "partying" lifestyle. He was a great and talented entertainer who went from the very bottom to the very top. But, not long before his death, he reflected on his life, his career, his cancer, and his family. Two divorces, estrangement from his children, inability to accomplish what he aspired to, and then fatal throat cancer. He summarized it this way: "The monkey on my back is that I created a lifestyle that was no good for me. My life was empty. I had drugs, booze, and broads, and I had nothing."

There's a lot more to "partying" than drinking. Don't let yourself be robbed.

(by Rev. John H. Warton, Jr., Village Church of Barrington)



## HOME ALONE?

Children need to know specific ways to cope with daily needs or emergencies, especially during that time when they are alone at home. Does your child know these answers?

\* Where to find the house key. What to do if it is lost.

\* Who to call in an emergency, including police, fire, etc. Role play some possible circumstances. (Better to call in error than not to call.)

\* What to say when answering phone calls from telemarketers, strangers, obscene or crank callers. Make sure child understands the reasons why certain responses are needed.

\* Lights on? Shades drawn?

\* IF and when to open the door. Be specific about who may enter the house.

\* Fire exits.

\* How to turn off water and electricity at the main source.

\* Simple first aid; when to get help.

\* Safely prepared snacks.

\* Specific plan for use of the time when alone at home.

## SITTERS

Parents are urged not to leave their teens unattended when they go out-of-town. This is not an easy problem to solve; finding sitters who can work with teens is sometimes difficult. Teens feel as though parents don't trust them and often they are unwilling to accept that it is not them that parents are concerned about. It is what can--and has--happened when other teens find out that an adult is not present.

Finding good "sit-in parents" who will support your rules is important. BHS teacher Carolyn Wahl prefers to sit-in for parents who DO have established party rules, curfews, assigned chores, etc. She says, "These kinds of families really care, rules are easy to follow, and the child benefits because there are not a whole lot of changes when their parents are absent." She wants to provide home-rule continuity for parents who travel.

Friends, churches, school staff, volunteer youth leaders and others who work with and understand teen needs are possible "sit-in parents." Parents need to make sure candidates understand and are willing to carry out their rules, especially concerning parties, alcohol use, and curfew.

## NEIGHBOR NET

These suggestions were made by some Rockford, IL parents who came home to find the results of unauthorized parties.

1. Alert your neighbors. Give them permission, preferably in writing, to enter your home to determine whether or not your children are safe. Give them permission to call the police if they feel the situation is out of control.

2. Call all the parents of your student's best friends to alert them that you will be out of town, so they will not be fooled into letting their students spend the night at your house.

3. If you are home and see a large party in progress, alert the police so they can check it out. Call the parents and alert them to come home.

Sound drastic? Not if parents want to continue to work together to promote a "no use" message. (Newsletter, Parent Action Network, Nov. 1990)



Attendance is low at BHS dances. A

possible help to increase future high school students' participation might be for parents of Middle School students to promote the BMS ACTIVITY rather than the before/after dinner or party.

## LEARN TO NETWORK

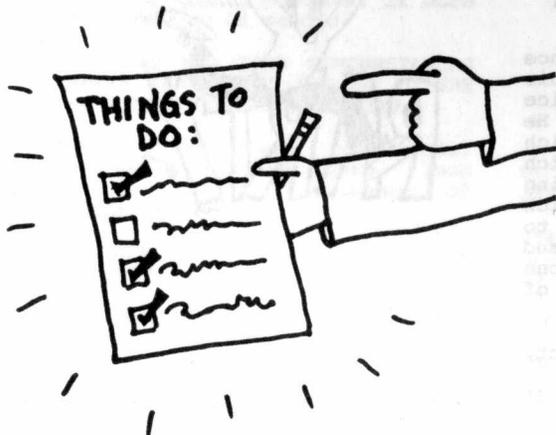
In October, Dr. Barbara Holliday, Faith Semla, and Suzy Palmer conducted another workshop for 37 parent discussion leaders who wanted to learn the why, how, and when of networking.

In 1983, ABCDE brought the concept of Parent Networking to the Barrington community as a communication tool for prevention of risky social behavior among children, especially alcohol and other drug use. Parents share information, ideas, problems and solutions which help them with their own family guidelines. Common discussion issues are curfew, drug-free party ideas, sleepovers, and friendship development. It has become a way for parents to explore, evaluate, and find support for the tough job of parenting, as well as to learn that not all parents agree.

After a group meeting to raise awareness and help parents become acquainted, parents are urged to individually communicate with parents of their children's friends. THIS IS THE REAL INTENTION OF PARENT NETWORKING. It is in the parent-to-parent contact that parents can obtain information about a party or other activity which affects their own child.

## YOU'RE NOT YOUR KID

The director of Drug Education Programs says "Talking to parents about how much kids are drinking is like talking to them about how early kids are sexually active. Parents see their kids in terms of their own experiences and find it difficult to accept that their kids could be so much more experienced than they were." (Prevention File, Fall, 1990)



## PEARLS FROM PARENTS

Many parent networking sessions and talks with individual parents provided these observations:

1. Parents can offer creative suggestions and solutions to situations which most parents face.
2. Some parents are frustrated because other parents seem to need permission to assume their parental role, to set limits, and follow through with consequences when needed.
3. More parents recognize the importance of stating a no-use of alcohol and other drugs policy to their children at a young age.
4. Sometimes both parents do not agree on a family rule and fail to recognize that one or the other does not need to be "right." They just need to decide what is right for THEIR CHILD.
5. Parents are frightened and sometimes over-react the first time a child breaks a health or safety rule. Without anger they need to discuss and follow through on consequences.
6. Some parents want their children to be "popular" and avoid setting unpopular rules.



7. Parents also have a new peer group each time a child joins a new activity.
8. More parents are questioning, "Who is everybody?" They are recognizing that peer pressure affects them, too.
9. Some middle school students ARE experimenting with alcohol; some are using it regularly.
10. Some parents recognize the value of role playing a difficult phone call with a friend, or a difficult situation with their child.

## LEARNING TO MAKE CHOICES

Choices. This is what growing up is all about. Parents need the trust to allow their children to make their own decisions. Adolescents require the tools to make sound decisions, tools which are provided through the years by a nurturing family, a school which provides the necessary knowledge, and a community which has the supporting environment for growth. These are the roles which all parents/adults play. Frequently in more than one way.

Adolescence is that transition from childhood to adulthood, the time period during which responsibility accrues. The opportunity to choose one's own clothes at five years of age develops into the responsibility to make choices about sexual experimentation at age fifteen. The child who feels secure with the trust of a parent to make decisions early in life becomes the trustworthy adolescent.

The more rapid advance of puberty as well as the pressures of society make the adolescent grow up faster. It is estimated that with each decade, the age of onset of puberty is about four months earlier. In addition, the adolescent is exposed to many more adult, sexual and violent situations in television programs, movies, visual and print advertisements, and even more in music. These situations make it very important that the home experience provide the balanced example of affection and caring to promote self-esteem and self-respect. The more self-confident and assured the adolescent feels, the better able he or she is to make choices.

The same home atmosphere which provides affection must also provide the consistent limits to behavior that the adolescent needs. How difficult it is for a parent who wants to be friends with his/her child to have to say "no" in certain situations, but limits are required and frequently desired by teenagers.

Finally, it is important to remember that effective communication with an adolescent involves the exercise of parental authority as well as spending the time talking and expressing feelings.

(by Barrington Pediatrician, Mark Rosenberg, M.D.)

## LITTLE EARS

Parents can prevent gossip, hurting others, and spreading rumors by being selective about WHAT and WHO they talk about in front of their children. Kids do not have experience in discriminating what should not be repeated.

## 101 Ways To Praise A Child

Wow ♥ Way To Go ♥ Super ♥ You're Special ♥ Outstanding ♥ Excellent ♥ Great ♥ Good ♥ Neat ♥ Well Done ♥ Remarkable ♥ I Knew You Could Do It ♥ I'm Proud Of You ♥ Fantastic ♥ Superstar ♥ Nice Work ♥ Looking Good ♥ You're On Top Of It ♥ Beautiful ♥ Now You're Flying ♥ You're Catching On ♥ Now You've Got It ♥ You're Incredible ♥ Bravo ♥ You're Fantastic ♥ Hurray For You ♥ You're On Target ♥ You're On Your Way ♥ How Nice ♥ How Smart ♥ Good Job ♥ That's Incredible ♥ Hot Dog ♥ Dynamite ♥ You're Beautiful ♥ Nothing Can Stop You Now ♥ You're Unique ♥ Good For You ♥ I Like You ♥ You're a Winner ♥ Remarkable Job ♥ Beautiful Work ♥ Spectacular ♥ You're Spectacular ♥ You're Darling ♥ You're Precious ♥ Great Discovery ♥ You've Discovered the Secret ♥ You Figured It Out ♥ Fantastic Job ♥ Hip, Hip Hurray ♥ Bingo ♥ Magnificent ♥ Marvelous ♥ Terrific ♥ Phenomenal ♥ Super Work ♥ You're Important ♥ You're Sensational ♥ Creative Job ♥ Super Job ♥ Exceptional Performance ♥ You're a Real Trooper ♥ You Are Responsible ♥ You Are Exciting ♥ You Learned It Right ♥ What An Imagination ♥ What A Good Listener ♥ You Are Fun ♥ You're Growing Up ♥ You Tried Hard ♥ You Care ♥ Beautiful Sharing ♥ Outstanding Performance ♥ You're a Good Friend ♥ I Trust You ♥ You're Important ♥ You Mean A Lot To Me ♥ You Make Me Happy ♥ You Belong ♥ You've Got A Friend ♥ You Make Me Laugh ♥ You Brighten My Day ♥ I Respect You ♥ You Mean the World to Me ♥ That's Correct ♥ You're a Joy ♥ You're a Treasure ♥ You're Wonderful ♥ You're Perfect ♥ Awesome ♥ A+ Job ♥ You're A-OK-My Buddy ♥ You Made My Day ♥ That's The Best ♥ A Big Hug ♥ A Big Kiss ♥ Say I Love You!

P.S. Remember, A Smile is Worth 1,000 Words!!

CASA Newsletter

July, 1990

Chemical People Newsletter, November - December 1990

## CAUTION: DRUGS & ALCOHOL DON'T MIX

Many people know better than to mix different drugs, but they absentmindedly may drink alcohol while taking some medications. The effects--when the two are added together--can be drastic. Alcohol and certain drugs work in the same areas of the brain, so some combinations greatly intensify these effects. Or the alcohol may interfere with the working of the drug, making a normal dosage ineffective in fighting the disease properly. Some combinations produce unpleasant and dangerous side-effects.

Here are a few examples of the possible consequences of mixing alcohol with certain types of medications. Past drinking habits, the amount of alcohol consumed, chronic ailments, and the age and weight of the person can alter these effects. The time element also varies--some drugs remain in the system for as long as several days.



### DRUG ➡ ➡ PLUS ALCOHOL ➡ ➡ CONSEQUENCES

#### Tranquilizers

Decreased alertness, judgment can lead to accidents. Can be fatal.

Over-The-Counter Painkillers (non-narcotic, like aspirin, Empirin, Alka Selzer, Arthritis Pain Formula)

Increases possible irritation and bleeding in stomach, intestines. Possible liver damage.

Time-Release Capsules & Coated Pills (such as Contac, vitamins, etc.)

Alcohol dissolves coating so full dose may be felt immediately instead of properly delayed.

Central Nervous System Stimulants (most diet pills, Dexedrine, Caffeine, coffee, Ritalin, etc.)

The stimulant's effect may give the drinker a false sense of alertness. It does not help an intoxicated person gain control of his movements.

Sleep Medicines (Somnax, Sleep-Eze, etc.)

Alcohol greatly increases drug's potency which depresses the Central Nervous System.

Prescription Sleep Aids (Sedative hypnotics such as Dalmane, Seconal, Nembutol, Quaalude, Phenobarbital)

Can be fatal combo causing coma and breathing failure.

Antihistamines (most cold/cough remedies such as Actifed, Coriciden, Contac, Dristan, Dimetapp, Ornade. Also used for allergies, motion sickness.)

Drowsiness, loss of alertness.

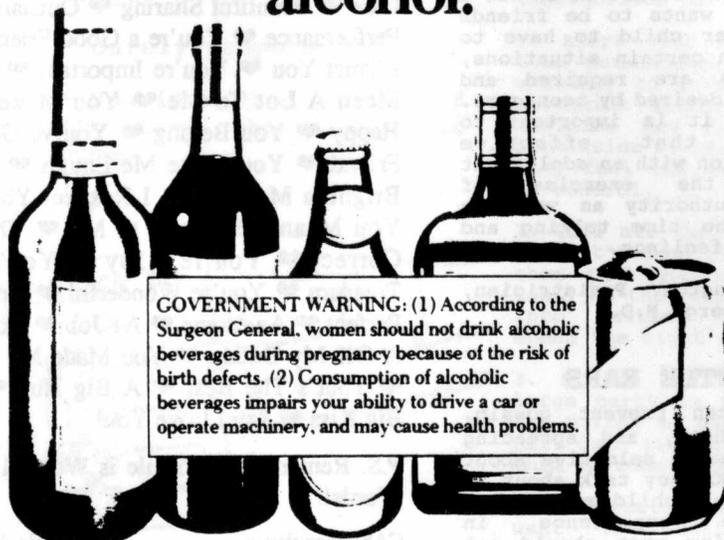
#### Antibiotics

Some can cause nausea & vomiting (especially those for urinary tract infections). Some become less effective.

(CADE NEWS, 1/90; Chemical People Newsletter, 5/90)

## A brand new message about alcohol.

### ALCOHOLISM REDEFINED



GOVERNMENT WARNING: (1) According to the Surgeon General, women should not drink alcoholic beverages during pregnancy because of the risk of birth defects. (2) Consumption of alcoholic beverages impairs your ability to drive a car or operate machinery, and may cause health problems.

*Read the warning. Heed the warning.*

A revised definition of alcoholism which explicitly specifies the genetic, psychosocial and environmental components of the disease was announced in April, 1990 by the American Society of Addiction Medicine and the National Council on Alcoholism and Drug Dependence. According to the definition, "alcoholism is a primary, chronic disease with genetic, psychosocial and environmental factors influencing its development and manifestations. The disease is often progressive and fatal. It is characterized by continuous or periodic impaired control over drinking, preoccupation with the drug alcohol, use of alcohol despite adverse consequences, and distortions in thinking, most notably denial."

Reflected is a dramatic increase in research findings as well as current terminology in the alcoholism field. It gives greater consideration to the basic behavior changes that are symptomatic of the disease to encourage clinicians to carry out earlier diagnosis and intervention. (Prevention Pipeline, 5/90)



**CISCO: a "Wine Fooler"**

The Center for Science in the Public Interest, the National Council on Alcoholism and Drug Dependence, Rep. John Conyers (D-MI), and Surgeon General Antonia Novello have all called for the removal of Cisco, a fortified wine sold like a wine cooler, from the marketplace.

Cisco looks like a wine cooler but has 20% alcohol content (40 proof), the alcohol equivalent of five shots of vodka. It is packaged in a bottle similar to those used for wine coolers, comes in fruity flavors, and is frequently sold chilled, right next to wine coolers. Wine coolers typically have 4% to 5% alcohol content (1 shot).

Its marketing slogan, "Cisco takes you by surprise!" points to the effect it has on people who drink a bottle as quickly as they would drink a bottle of lower-alcohol content wine cooler. It has been called "liquid crack." Consumers have complained of headaches, nausea, dramatic changes in behavior, and many other reactions. **WARNING:** One 375ml bottle of Cisco would raise the blood-alcohol level of a 150 pound person to .11 if he/she drinks it within an hour. That level is legal intoxication in Illinois.

CHOICES checked with a number of Barrington area liquor stores and found Cisco is not on their shelves. It is being sold in 40 states and consumers are asked to alert the media to Cisco's availability, warn consumers about its dangers, and call for its removal from the marketplace. To ask the producer to stop selling Cisco as it is presently packaged, write to: Mr. Marvin Sands, President, Canandaigua Wine Co., 116 Buffalo St., Canandaigua, NY 14424. (Booze News, 10/90)

### "JELLO SHOTS"

The latest fad among youth is drinking "Jello Shots" made with gelatin and Ever Clear, a nearly 100 proof grain alcohol.



### BEER LOBBY

The beer industry has founded a group called Beer Drinkers of America which publishes slick newsletters and claims to have 110,000 dues paying members. That mailing list is an obvious gold mine for these companies when it comes to fighting off state and national legislation. Beer Drinkers of America claims its members have sent about 300,000 letters to Congress over the past couple of years.

In November, 1990, letters flooded Illinois from a similar downstate group concerning the then-candidate for governor, Mr. Edgar, decrying the anti-drinking-and-driving penalties enacted while he was Secretary of State. (Prevention Pipeline 4/90; Chemical People Newsletter 5/90)

### "ICE"

Methamphetamine, street name speed, is making a comeback in some parts of the country in a new smokable form called "ice," "quartz," "rice," or "glass." Its use has reached epidemic form in Hawaii and there is fear that it will do the same on the mainland.

Ice is extremely addictive, cheap and long-lasting; it hits the brain in about 12 seconds, effecting an immediate, intense euphoria and increased alertness. Side effects include aggressive behavior, hallucinations, paranoia, weight loss problems, lung and kidney damage, insomnia, and long-lasting psychological damage.

Not much is known about ice's effects on newborns, but babies born to ice-addicted mothers tend to be asocial and incapable of bonding. They convulse at birth and, because of the brain cells that are killed, tend to be learning-impaired.

### FOR COUGHS ONLY

Robitussin DM is an over-the-counter cough syrup which contains Dextromethorphan, a drug which is chemically similar to codeine and morphine. Though the medicine is safe in small doses, it gives a powerful high in large doses. Under its influence a person feels little pain, perhaps even numbness. It has become a drug of choice for Salt Lake City teens causing enough concern for the manufacturer, A.H. Robbins, to request Salt Lake City pharmacists to remove it from their shelves.

Although adolescents view it as a safe drug, authorities believe that users are susceptible to risky and even suicidal behavior. Equally dangerous is coming down from the drug. After its effects wear off, users can become severely depressed.

(IDEA NetNews, 8/89)

### ALCOHOL IMPAIRS A BOATER

In 1985, a law was passed in Illinois which makes it illegal to operate a boat while under the influence of alcohol or drugs because:

(1) Balance is one of the first things to be impaired by alcohol. Most boating fatalities are caused by an accidental fall out of the boat. Even good swimmers lose coordination and can drown.

(2) Vision is impaired because the visual images sent by the eye to the brain can be affected by alcohol. Tunnel vision, blurry sight and increased eye fixations send incorrect information to the brain.

(3) Judgment is affected because the brain cannot rapidly integrate information which in turn affects the skills needed to operate a boat. Alcohol reduces inhibitions, which could result in risk taking, such as stunts.

The possibility of a boating accident increases threefold after one drink. Over 12,000 people die in boating accidents every year; 90% of them drown. More than half of those drownings involve alcohol.

### BINGE DRINKERS

In a recent survey the Centers for Disease Control reported on binge drinking--having five or more drinks at a single sitting within the last month. In 1988, younger drinkers' rates of binge drinking were the highest, and there was a tremendous variation among states--the rate in Wisconsin was highest at 25.3%.

The rates were:

18-34 years,	25.1%
35-49 years,	14.0%
50-64 years,	8.1%
over 65 years,	2.5%

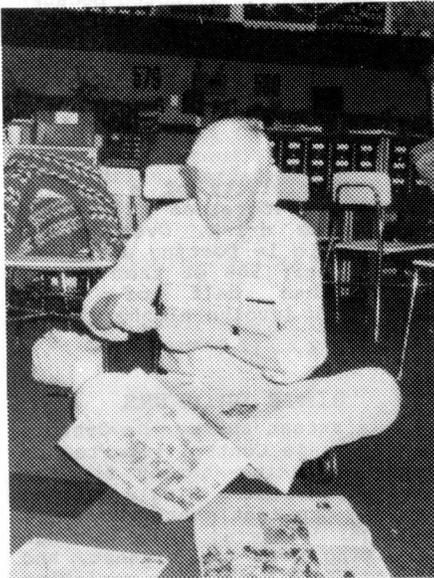
In other surveys of youth drinking, 43% of college students, 35% of high school seniors, and 26% of 8th graders reported drinking five or more drinks in a row during the past two weeks. (Booze News, 11/90)

### IT'S A FACT

The liver, which is the organ that breaks down and metabolizes alcohol, is not fully developed until the age of 21.

## SUMMER '90 WORKSHOP

Fifty-four scholarships were awarded from funds contributed to ABCDE by the villages of Barrington, Barrington Hills, North Barrington, South Barrington, Deer Park, Tower Lakes, Barrington Township; Junior Woman's Club; Welcome Wagon; Rotary Club; Lions Club; Lutheran Church of the Atonement; St. Mark's Episcopal Church; Barrington United Methodist Church; women's groups from Presbyterian Church, St. Paul United Church of Christ, and Community Church; Francis Chapin Foundation; Parent-Teacher Organizations from Woodland, Grove, Roslyn Road, Lines, North Barrington, and Hough Street Schools; and individual donors.



The Rev. Ray Rhoads wrote in the Barrington United Methodist Church newsletter:

*"What did I learn? Lots and lots of information. We should be proud to have such excellent community-based resources to help those who are suffering from alcohol and drug abuse. Our local schools have strong drug education programs. I urge you to learn what the schools are teaching - to support their plans. Sadly, still too many parents excuse drug/alcohol abuse with words like, 'Well, you know kids will be kids.'*

*"We live in a concerned community. Schools, parents, churches, and agencies including the police are deeply concerned and want to help. Taken together these are basic elements for a drug free environment. I'm glad I attended. It was strenuous, challenging, invigorating, and rewarding. Why not plan to participate next summer. The workshop tuition is free."*

## SUMMER WORKSHOP

JUNE 24 - 27, 1991

### HELPING OUR CHILDREN COPE: Our Community's Response

Persons who live or work with children in the geographic area of School District 220 are urged to start arrangements to attend the summer workshop. Parents, school personnel, coaches, youth leaders, church workers, police, firemen, and health professionals are eligible to take advantage of full \$360 workshop scholarships and share in programs and responsibilities of prevention and intervention of alcohol/drug use by school age youth.

The professional staff of Community Intervention will provide information about: use, abuse, and the disease of chemical dependency (CD); the impact of CD on family and adolescent development; children of alcoholics; early intervention; professional and personal enabling; feelings and defenses; treatment, recovery, aftercare; definition and activities of prevention. In a small group laboratory, each participant will experience the group process. A panel will describe what has happened here due to the task force efforts of ABCDE and how to further implement the work already started.

Applications are at any school or church, or mail the coupon on page 15, or call:

PAM ANDRUSS (382-5537),  
BONNIE CANNON (382-1670),  
JEANNE HAYWARD (381-6300),  
DENISE MAJEWSKI (382-5939), PATSY THALHEIMER  
(381-3930), or LOUISE ROBB  
(658-4918).

## HELPING HANDS

ABCDE relies on workshop volunteers to help with mailing, shopping, serving of food, and clean-up.

But, every year we are stumped by a cry from parents who wish to enroll in the workshop but need some help with their children. We urge friends, grandparents, neighbors, co-workers, PTOs, church groups, and others to make a commitment to help eligible participants. CAN YOU HELP? Let your willingness to help be known, call 658-4918.

### SOCIAL SERVICE NETWORK

SSN meets on the first Wednesday, October-May, at St. Anne Parish Center, 10 a.m. Its goals are (1) to educate human service people and interested others about youth related problems and services and (2) to increase the contact and cooperation between human services providers. Information, Lois Coldeway (381-0243).

### IDEA CONFERENCE

Two Barrington Middle School teachers, Jan Broders and Donna Reese, represented ABCDE at the Illinois Drug Education Alliance (IDEA) conference in October. Both were impressed with the number and enthusiasm of student representatives of other towns. The ABCDE board voted to include high school students in its representation at the 1991 conference.



**IDEA**

Illinois Drug Education Alliance

CHOICES is published by ABCDE  
P. O. Box 768  
Barrington, IL 60011

Editor.....Faith Semla  
Technical Aid..Linda Stanley  
Art Work.....Eva Sandor

*Stick your neck out for kids!*

## CHURCH EFFORTS

CHOICES asked churches details about prevention or intervention programs or projects which they sponsored.

**PROGRAM:** Human Relationships  
**TARGET GROUP:** Entire congregation  
**SUBJECT:** All educational phases place emphasis on human relationships in a faith context. Sunday School curriculum integrated Biblical story with skill building, self image, and interpersonal relationships. Youth Ministry retreats and group discussions emphasized inter-relating, decision making and support. Homebuilders, a group for parents of young children, focuses on good home relationships.  
**TIME:** On-going  
**CHURCH:** Barrington United Methodist Church

**PROGRAM:** Alanon Meeting  
**TARGET GROUP:** Adults  
**SUBJECT:** 12 Step Peer Support Group, Alanon materials.  
**TIME:** Weekly, Tuesday, 8-9pm  
**SPONSOR:** Substance Abuse Ministry, contact Darlene 639-4330  
**RESPONSE:** Slow response, building membership, many drop-ins. Church members, in particular, have greatly benefitted.  
**"SNAGS":** It took much longer to receive start-up material from Alanon than anticipated.  
**FUTURE:** Continue and eventually offer an Adult Children of Alcoholics (ACOA) group. (Have Alcoholics Anonymous and Overeaters Anonymous.)  
**CHURCH:** Lutheran Church of the Atonement, Barrington.

**PROGRAM:** "Renewing the Family Spirit" and "Learning Christian Family Communications"  
**TARGET GROUP:** Adults, especially parents of school-age children  
**SUBJECT:** Video-based discussion series designed to identify communication blocks and to develop strong communication skills.  
**TIME:** Sunday a.m. 1 hour, 8 weeks each course  
**SPONSOR:** Adult Education Committee  
**RESPONSE:** Very positive, also seen as a tool to strengthen communication in marriages.  
**"SNAGS":** Would have used only part of the course and promote more in-depth sharing on fewer issues.  
**FUTURE:** Repeat both in 1992.  
**CHURCH:** St. Matthew Lutheran Church, Barrington

## DYNAMIC ROLE

Florida has focused on its religious institutions as a vital resource that must be tapped for prevention efforts. Clergy and congregations are asked to join forces with existing programs that are effective.

"The church or synagogue is an important institution. It is a conveyor of values and a stable contact for many. The religious community needs to take advantage of this position."

**PROGRAM:** Retreat  
**TARGET GROUP:** 8th grade confirmation class  
**SUBJECT:** Friendship, who makes us feel good, getting support from others, solving problems.  
**TIME:** Saturday a.m., 3 hours  
**SPONSOR:** Pastor and lay teacher  
**RESPONSE:** Students liked exercise in mapping out who made them feel good and who didn't; they had not considered church relationships as a source of support or God as a "resource."  
**"SNAGS":** Would use only part of video.  
**FUTURE:** Would repeat.  
**CHURCH:** St. Paul United Church of Christ, Barrington

## RESOURCES

"There are superb and voluminous materials written from a Christian perspective that are available to church leaders and members," states Jim Elsner, Youth and Education leader at St. Matthew Lutheran Church in Barrington. Here are a few in his church resource library:

- Drugs, God & Me, 8 session alcohol/drug abuse prevention program, High School students and parents.
- Drug-Proof Your Kids, parents, designed to help head off or confront and work through a drug crisis.
- Preparing for Adolescence, youth, guidebook for physical and emotional changes. Can be used in class setting.
- Drug Free Kids, video for parents to help identify and deal with childhood drug abuse.
- Drugs & Alcohol: Fastlane to Nowhere, part of "Video Survival Guide for Teenagers" series.
- I Feel So Alone, video designed to help people be sensitive to and respond to the pain experienced by someone with alcohol or drug dependency.

"The religious community must be the waking giant to become a leader in healing the rampant individualism, replacing this with a sense of community." (Florida conference, "My Choice Drug Free")



## SOCIAL ACTION

Church groups can take action to make basic changes in the law, marketing and media programming which gives unhealthy messages to youth.

According to Pat Taylor of the Center for Science in the Public Interest (CSPI), the public needs to become aware of the methods used by the alcohol industry to target our youth so that they become the "future drinkers of America." In order to appear to be the good guys, (1) beer and other companies wear a mantle of education to cover the corporate image, and (2) advertise so as to divert the public's attention from the link between alcohol and other drug use.

Now, (1) "Think when you drink, know when to say when," seems like it is meant to produce "responsible" drinkers but if a person is under age 21, he/she is not a responsible drinker, but an illegal one; and (2) studies show that alcohol and tobacco are gateway drugs to other drugs such as marijuana and cocaine, particularly for youthful users.

There is power in communications to lawmakers and corporate sponsors. Initiatives are needed which promote reform in alcohol advertising and other promotions that are aimed, directly or indirectly, at young people and heavy drinkers. Other prevention directions for a social action group to take are: health warnings; better mother/child health care; or monitoring the companies that provide album covers and lyrics which promote alcohol/drug use, suicide, violence against women, sex, etc. (Resources: CSPI, (202)332-9110; Children's Defense Fund, (202) 628-8787; Prevention Music Resource Center, (703)527-9466)

# ALLIANCE of BARRINGTON COMMUNITIES for DRUG EDUCATION



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*Barrington Middle School*

**FAITH SEMLA**  
*CHOICES Newsletter*

**CLYDE W. SLOCUM**  
*School District 220*

**REV. JOHN WARTON**  
*Village Church*

**EILEEN WILSON**  
*Family Services of So. Lake Cty.*

## POWERFUL IMAGES

Parent Music Resource Center's video, "Rising to the Challenge," describes the messages of some rock and heavy metal music. Because the messages of alcohol and drug use, violence, rape, incest, and suicide are not always easily heard or understood, parents are not aware of them. Other than action to pressure for ratings and printing the words on covers, etc., what can parents do? They can take some positive action with their children.

(1) Help them to be active listeners and selective buyers; help them figure out the values expressed and the meaning of powerful images.

(2) Discuss words, actions, and images in comparison to the values being expressed in your own home and spiritual belief. By talking about it we become more conscious of its effect on our life.

(3) When you see or hear behavior that you do not wish your child to emulate, "talk back" to the TV set, tape, picture, including commercials. They often reflect an image or values of the rock star or actor; some suggest negative values.

(4) Ask questions which will help you understand your child and peers. "Why are music videos so popular?" "What feelings does that song stir in you?"

(5) Modern art forms often express a political or environmental cause, personal struggles, such as lost love, loneliness, joy, passion, conflicts. Talk about your personal reaction, feelings, assumptions, and concerns. Discuss the age, sex, race, social class, clothing and other characteristics of the performer. What is real? What is a prop? Finally, discuss how the same message could be made in a different or better way.

## PARENT NETWORKING COUNCIL

As an outgrowth of summer training and parent networking workshops, a number of parents have been working in their schools to encourage sharing meetings among parents in their children's classes. So that they can benefit from the experiences of others, a Parent Networking Council of PTO representatives meets periodically. Parent networking training provides some guidelines on how to convene parents so that they share productively, without discussing school issues, judging others' values and with confidentiality.

Call your school PTO representative for more information.

<b>COUNTRYSIDE</b>	Louise Robb, 658-4918 Denise Majewski, 382-5939
<b>GROVE</b>	Becky Zimmerman, 426-4391
<b>HOUGH</b>	Karen Johnson, 304-1202
<b>LINES</b>	Evelyn Fennell, 381-8405
<b>NORTH BARRINGTON</b>	Gay Cappelletti, 304-1095
<b>ROSLYN</b>	Bonnie Cannon, 382-1760
<b>SUNNY HILL</b>	Simona Rhodes, 426-7347
<b>WOODLAND</b>	Mary Bohan, 359-9534
<b>ST. ANNE SCHOOL</b>	Gloria Jacobson, 382-2292
<b>MIDDLE SCHOOL</b>	Mary Brawley, 382-1823
<b>HIGH SCHOOL</b>	Judy Musschoot, 381-4054 Charlotte Poje, 381-2328

Children can get a mixed message when allowed to buy, wear and display alcohol related T-shirts, hats, etc. DO YOU WANT OTHERS TO PROFIT WHILE YOUR KID IS A WALKING BILLBOARD?



## GIVE 'EM A CHANCE

Operation Snowball, Peer Counselors, Snowflake, Just Say No clubs and other youth programs are all designed to teach young people how to develop their own abilities and talents, learn something about relationships, have fun and make a contribution to the community. For these reasons, and because they provide young people with the opportunity to discover that they are community resources, they can be considered "prevention programs."

To make the activities meaningful, young people need to assume some of the responsibility, have some input in policy-making and programming. Interaction between peers must include reflection, time for them to share their thoughts and feelings. The group needs to be open to ALL youth regardless of race, socio-economic status, or academic or behavioral history.

Adult leadership is a key factor. Adult leaders need to see youth as resources to be developed through their own acceptance of each young person, offering guidance instead of control, and role-modeling the behaviors they want the young people to emulate. (Resource: Bonnie Benard, "Youth As Resources," Youth In Touch News, June, 1990)

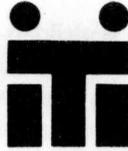
### ...the People!

One BHS student was asked to reflect on one most memorable aspect of the week at ITI.

"After I actually started to think about my experiences, I couldn't pinpoint only one event. Everything in our rigorous schedule was successful at touching something deep inside of me. From 6:30am until lights out at 11:15pm, we were constantly learning and thinking of ways to help ourselves and others. I feel that everything that happened in those five days has helped me to look at the world from a different perspective.

"I would have to say that my most prominent memory is the people. Three hundred and fifty or so high school kids and a wonderful adult staff all gathered together with the same goals of having a fun, substance-free experience. We were just one group of enthusiastic kids, working together, encouraging one another, and striving for a healthy society, free of drugs... 'keeping healthy people healthy'."

*Children who develop a healthy self-concept and have a supportive environment take fears and worries in stride and coping becomes a part of life.*



Barrington High School students Jeff Butler, Courtney Chapman, and Sean McGuire attended a week-long session of Illinois Teenage Institute (ITI). Barrington Youth Services staff member John Jarczyk was co-director of Session II, and graduating BHS senior Jim Lewis was on the adult staff.

Approximately 330 young people attended one of the three summer sessions designed to enhance self-confidence, insight, leadership and responsibility. Participants also learn to see the difference between attitudes and facts and find that they are responsible for themselves. The program emphasizes positive peer pressure, and helps teens and adults join together to promote healthy lifestyles.

ITI is a prevention program of the Illinois Alcoholism and Drug Dependence Association. Student scholarships were offered through BYS due to the fund raising efforts of students in Operation Snowball and contributions to the Scholarship fund from the Rotary Club of Barrington, Kiwanis Club, and Barrington Township.

For information about the 1991 summer sessions, call John at 381-0345.



### NOW THERE ARE 4!

Just a few years ago, there was only one Barrington police officer trained to present Drug Abuse Resistance Education (D.A.R.E.) to some 6th grade students. Now all schools have the D.A.R.E. program presented by a trained officer: Gary Lisauskas and Earle Heiden, Barrington PD; Kitty Gora, Barrington Hills PD; or Dean Stiegemeier, Carpentersville PD.

D.A.R.E. is a program sponsored as a cooperative effort between the State Police, local law enforcement agencies, the State Board of Education, and the Dept. of Alcoholism and Substance Abuse. The program uses carefully screened police officers who are talented in human relations and communication skills who try to teach students what being grown-up really means. Feedback from students, school staff, and parents has been very positive.

## A Teenager's Creed

It's not enough to have a dream  
unless I'm willing to pursue it.  
It's not enough to know what's right  
unless I'm strong enough to do it.  
It's not enough to join the crowd,  
to be acknowledged and accepted.  
I must be true to my ideals,  
even if I'm excluded and rejected.  
It's not enough to learn the truth  
unless I also learn to live it.  
It's not enough to reach for love  
unless I care enough to give it.

Author Unknown

Youth to Youth

Winter, 1990

## RAINBOWS

Rainbows is a confidential peer support group designed to provide emotional support and build self-esteem for children K-6 whose families have experienced death, divorce or trauma. Children meet in small groups with a trained facilitator once a week for six weeks in two six week sessions. Each session is structured around materials designed to encourage discussion about worries, fears, and family experiences.

Barrington Youth Services is coordinating Rainbows here. Call Pat Ritter (381-7253) or BYS (381-0345).

## FOR TEENS

Want to develop your personal and interpersonal skills? Leadership skills? Need to reinforce and get support for decision-making? Attend Operation Snowball, Mondays, 7 pm, at Barrington Youth Services. This peer-to-peer program is designed by and for teens. Call John at BYS, 381-0345.



### TEENS' TOP TEN CONCERNS

Drug abuse	17%
Environment	15%
Sexual issues	13%
Violence	8%
Education	6%
The homeless	5%
Child abuse	4%
Suicide	3%
Alcohol abuse	3%
AIDS	3%

Figures based on 9,000 letters from 7-8th grade students to their U.S. representatives. (Prevention EXPRESS, Oct. 1990)

## IN THE SCHOOLS

New prevention programs in some Barrington schools.

### ROSLYN ROAD SCHOOL

**GOAL:** To encourage student interest in activities which can be used as a hobby, as an alternative to a group activity.

**ACTIVITY:** 4th graders block printed flags for students who participated in the "Just Say No" march. They also silk screened their own t-shirts.

**REACTIONS:** Students were very enthusiastic about the different art mediums and how they could be used to make a statement.

**SPONSOR:** Parent volunteer.

### ST. ANNE SCHOOL

**GOAL:** To find and promote activities during non-school time for 7th and 8th grade parishioners and friends.

**ACTIVITY:** Activities such as trip to Great America, dance at St. Anne gym, and swim party.

**REACTIONS:** Good response e.g., 130 at dance.

**SPONSOR:** Parish Ministry and volunteer parents.

### HOUGH STREET SCHOOL

**GOAL:** To effect passage of a Village ordinance to prohibit sale of tobacco products to minors as well as possession of tobacco products by minors.

**ACTIVITY:** Students wrote a petition, went to other schools to present their "cause," obtained 1,800 student signatures, and presented their petition to the Barrington Village Board. The ordinance was adopted in summer of 1990.

**REACTIONS:** Students became very positive about their anti-tobacco stance. They also gained experience in the government process.

**SPONSOR:** 4th Grade Just Say No Club, Terry Skibiski, Teacher



JUST SAY NO MARCH 1990

## BARRINGTON MIDDLE SCHOOL



*During National Red Ribbon Week, students sold red ribbons to fund prevention activities and to get community support.*

**GOAL:** Operation Snowflake, a prevention program for ALL 7th and 8th grade students which provides fun activities that build a sense of community, promotes a person's sense of self worth, and allows students to interact with each other in a kind and positive way.

**ACTIVITY:** A monthly program which includes open gym nights, picnics, softball, music night, and service projects.

**REACTIONS:** 70 turned out for Sept. Kick-Off; 54 attended a Just Say No Rally at the Horizon. Kids come who are unique and very special; there are no cliques in Snowflake.

**CO-SPONSORS:** Kay Ryan, R.N., BMS Core Team Chairperson and Barrington Youth Services. Helpers are adult volunteers and BHS teens from Operation Snowball.

**GOAL:** A pilot program to provide a student added support and guidance from an adult friend.

**ACTIVITY:** A staff member becomes a "special friend" to one student, providing the student with someone to talk to who is non-judgmental and supportive.

**SPONSOR/COORDINATOR:** Steve Lee, Assistant Principal

## BARRINGTON HIGH SCHOOL

**GOAL:** To promote drug/alcohol free alternatives for BHS students.



**ACTIVITY:** Drug and Alcohol-Free Students (DAFS), was started by some students who participated in May, 1990 "Just Say No" march. Any BHS student who does not use mind-altering chemicals is eligible to participate. Times and places of weekly meetings are publicized during the daily student announcements.

During Homecoming preparations, safe driving and alcohol-free fun was promoted via posters throughout the school.

**SPONSOR:** Barbara Gordon, BHS Teacher

**GOAL:** To promote safe driving habits to each BHS driver education class (chiefly sophomore students).

**ACTIVITY:** One class session which involves an explanation and discussion of a video which shows actual accidents, medical slides of injuries, statistics concerning youth, current law/ordinance, emphasizing use of seat belts.

**REACTIONS:** 85% of students asked to see the reality of crashes and seem impacted by the class session.

**SPONSOR:** Barrington Fire Dept. Alcohol/Drug Education team, paramedics Lenn Larsen, Bill Brown, and Bruce Peterson



## ABCDE

### PURPOSE

ABCDE is a community action group made up of concerned citizens including social service representatives, parents, school personnel, students, clergy and other interested people organized for the purpose of preventing the use of alcohol/drugs among the youth in the Barrington area communities.

To this end we shall promote awareness of the problem, inform parents and students of the potential dangers and symptoms of alcohol and other drug abuse, and support those who take the position that the use of alcohol/drugs among school age children is inappropriate.

### METHOD

Using a task-force approach, a Board of Directors with broad based representation pulls the community together and encourages parents, organizations and agencies-in-place to promote a zero tolerance stance in compliance with the law concerning underage use, encourage intervention and prevention programs, and resources for treatment and support.

## INFORMATION

ABCDE publishes its newsletter "CHOICES" to raise public awareness and provide information. It is mailed to over 14,000 households and businesses in School District 220. The Chamber of Commerce and Welcome Wagon distribute copies to new homeowners.

### TRAINING

In order to provide a common base, ABCDE sponsors a 4-day workshop concerning the prevention, intervention, and impact of chemical dependency.

### ALTERNATIVE ACTIVITIES

All agencies and organizations which serve youth and their families are encouraged to provide and publicize activities which are not oriented to alcohol and other drugs. This gives support to young people who do not use drugs, provides healthy alternative activity opportunities to those recovering from chemical dependency and to those trying to stop a pattern of alcohol/drug use.

### FINANCES

Funds are received from village and township governments, individuals and organizations.

## SAFETY NET

A community that responds to the needs of its children is a healthy place to live. We are trying to do that in Barrington. The news isn't always happy or good, but you can be assured that, as a task force, ABCDE will respond by urging the refinement of a program already in place or encourage the development of a new program.

We need to continue to expand some of the programs that are actively working with children to educate, develop skills, solve problems, and provide support. We have Just Say No clubs, an Officer D.A.R.E. program, parent networking, Operation Snowball, Snowflake, core teams in schools and churches, a social service network, peer counselors, a new Drug and Alcohol Free Students group, law enforcement of constructive possession, alternatives to suspension/punishment, co-curricular codes, substance abuse policy, Alateen, nearly 500 persons trained in a Community Intervention workshop, and individuals who care.

All of this is involved in the making of the mesh of the safety net smaller, so that fewer fall through the cracks. However, we won't ever solve the problem that our young people are struggling with, but we will become better at managing it.

All the forces in our Barrington community need to work together. We know that the parents of our children hold the key to change. We must focus on supporting those who are making an effort to communicate. We all do things at different times for different reasons. The hardest part of networking is maintaining a non-judgmental attitude. We must remember not to blame, point fingers, or criticize others, even if our own "bottom line" is different. We are only "talking" to gather information so that we can go home and make a family decision regarding rules and consequences. Networking gives us support, information, and ideas. Its role in our community is far from judging others' beliefs and family systems.

We must also remember that we are here to be supportive of those children and families who are making good, healthy choices, whether they are recovering from addiction or are not using mood-altering substances. These young people need our encouragement, time and energy to become socially competent. When young people take the responsibility for their own performance and feel that they can make choices which eliminate the negative in their lives, then we can see some exciting changes take place.

Suzy Palmer Chairman, ABCDE

## ABCDE

PO BOX 768 Barrington, IL 60011

I WOULD LIKE TO HELP FIGHT DRUG USE BY SCHOOL-  
AGE YOUTH

- ( ) Enclosed is a tax deductible donation
- ( ) Send program suggestions for my organization
- ( ) Have a parent networking rep. call me

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Office Phone: \_\_\_\_\_

( ) Send application for June 24-27 workshop

**MAKE SURE THE HELP YOU SEEK MATCHES THE NEED**

my friend has a problem



... where can he get help?

**Individual and/or Family Counseling**

Barrington Youth Services (sliding scale fee) 381-0345  
 Family Services, South Lake County (sliding scale fee) 381-4981

**Private Counselors, see Yellow Pages under "Psychologist"**

**In-Patient and/or Out-Patient Care for Chemical Use, Abuse, Dependency**

Addiction Recovery Corp., Hoffman Estates 882-0070  
 Alexian Brothers Medical Center 981-3524  
 Forest Hospital 635-4100  
 Good Shepard Hospital 381-9600  
 Interventions/Contact Youth Clinic 526-0404  
 Lake County Health Dept., Substance Abuse 360-6770  
 Lutheran General Hospital Alcoholism Treatment Center 696-7715  
 Northern Illinois Council on Alcoholism/Substance Abuse 244-4434  
 Parkside Lodge 634-2020  
 Renz Addiction Counseling Center 742-3545

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

**Support Groups for Persons with Chemical Dependency**

Alcoholics Anonymous\*  
 Barrington 359-3311  
 Carpentersville 741-5445  
 Cary, Fox River Grove, Wauconda (815) 455-3311  
 Hoffman Estates, Bartlett 893-2300  
 AA Hearing Impaired 635-4100  
 Cocaine Anonymous 583-4433  
 Narcotics Anonymous 346-9043

**Support Group for Family/Friends of Persons with Chemical Dependency**

Al-Anon 358-0338  
 Alateen 358-0338  
 Families Anonymous 848-9090  
 Adult Children of Alcoholics 929-4581

**Parent Support Group for families in crisis**

Tough Love 941-4199  
 Carpentersville day/428-3602 p.m./428-2302  
 Hoffman Estates 885-3739  
 Mt. Prospect 437-3283  
 Parental Stress 427-6644

**24-Hour Crisis Hotlines**

Barr. Youth Services 381-0345  
 CONNECTION 367-1080  
 IL Cocaine Hotline 1-800-445-COKE  
 KIDS LINE 227-KIDS  
 Metro Help 929-5150  
 Parental Stress 427-6644  
 Talk Line 228-6400

\* There are more than twenty AA groups in the Barrington area, while numerous Al-Anon groups meet here or nearby daily, day or evening. To learn more about AA or Al-Anon, attend an open meeting at Stillwater's Alano Club, 28144 West Industrial Drive, (off Pepper Road), Barrington, SATURDAYS, 8 p.m. (381-9824).

This educational material is sent through the courtesy of School District 220, postage paid for by ABCDE

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 Barrington, IL 60010

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