

# Link Together's Prevention Newsletter



{August 2020}

**Link Together** is Wheeling Township's youth drug and alcohol prevention coalition. Evidence-based prevention services are provided to Buffalo Grove, John Hersey, Prospect, Rolling Meadows and Wheeling High Schools and Cooper, Holmes, London, MacArthur, River Trails, South and Thomas Middle Schools. The coalition members represent all sectors of the community. Link Together is funded by the federal **Drug Free Communities Grant**, sponsored by the Office of National Drug Control and Policy (ONDCP) and the Centers for Disease Control and Prevention (CDC). *Throughout the newsletter, there are interactive links, they are bold and underlined.*



## — Impaired Driving —

In 2018, NHTSA (National Highway Traffic and Safety Administration) launched its **IF YOU FEEL DIFFERENT YOU DRIVE DIFFERENT** campaign to educate Americans about the dangers of driving while impaired by drugs, and to promote safer choices. Any time you consume a substance that makes you feel different, you aren't safe to drive. Impaired driving isn't a mistake; it's a crime.

*Make sure your young driver is aware of the leading causes of teen crashes. Have a conversation about the following.*  
\*NHTSA

- Driver inexperience
- Driving with the teen passengers
- Nighttime driving
- Not using seat belts
- Distracted driving
- Drowsy driving
- Reckless driving
- Driving under the influence of substances

**IF YOU FEEL DIFFERENT  
YOU DRIVE DIFFERENT**

D214 supports this initiative with education, and parking pass contracts and car tags. **Click here** for more information.

## — Human Performance Project —

The **Illinois Human Performance Project** is a chapter housed within the national program, Life of an Athlete Human Performance Project. The project focuses on four science modules: sleep, nutrition, chemical health and **mood & mindset**, and how they affect optimal performance in school, athletics and every day life. With a combination of science and leadership, ILHPP identifies ways to build accountability and make healthy lifestyle choices.



## — Resources —

- Link Together's Wheeling Township Area **Resource Guide related to COVID-19**
- OMNI Youth Services' **Resource Guide**
- Link Together's **Marijuana Parent Toolkit**
- SAMHSA's Guide on **Reducing Vaping Among Youth and Young Adults**
- National Suicide Prevention Lifeline** 1-800-273-TALK (8255)

**Help Teens Stay Positive!**



**Link Together**



**@Link\_Together**

FIND US ONLINE

**linktogethercoalition.org**

Contact us directly at: [linktogethercoalition@gmail.com](mailto:linktogethercoalition@gmail.com)

## — Social Hosting —

Social host ordinances give communities a practical tool for holding adults accountable. In addition, social host ordinances send a message that hosting an underage party that involves drinking, is not acceptable, it empowers concerned citizens to report suspected activities, and provides law enforcement with a tool to address this when it is a threat to community health.

In Illinois, the **Social Host Law**, which went into effect January 1, 2013, holds adults accountable for underage drinking that occurs in the home. There are several parts to this law.

Tobacco 21 went into effect January 1, 2020 in the state of Illinois. Purchasing and/or providing tobacco products, electronic cigarettes or marijuana to anyone under 21 is also illegal.

Contact your local village or law enforcement for additional information about your community.

## — Talk. They Hear You. —

The **Talk They Hear You Campaign** national campaign recognizes the importance of talking to children **early** about the dangers of drinking alcohol and using other drugs at a young age. The campaign aims to reduce underage drinking and substance use among youth under the age of 21 by providing parents and caregivers with information and **resources**.



Starting in the fall, look for this banner near you. Wheeling Township's adaptation of the national campaign.

## Dr. B's Medical Corner

***Dr. Brottman, Board Certified Pediatrician***

Parents, the world has changed, but you can model successful behavior for your children by demonstrating your innovation, resilience and ability to pivot. Things you can do with your children are...

1. Ask them what they like and dislike about the new "school system" and empower them to brainstorm different strategies.
2. Tell them you love them.
3. Acknowledge your own stress.
4. Take COVID-19 breaks.

To read more from Dr. Brottman, **click here**.