

Link Together's Prevention Newsletter



{May 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.

— What is Public Health? —

The **CDC** defines public health as the science of protecting and improving the health of people and their communities. It is concerned with protecting the health of entire populations, that could be as small as a neighborhood or as large as an entire country or world region. It can be simple to practice every day healthy habits to promote public health. Wash your hands often with soap and warm water for at least 20 seconds. Avoid close contact with people who are sick. Stay home if you are sick. Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Clean and disinfect frequently touched surfaces like phones, doorknobs, and light switches daily.

— 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 is about how 4 science modules: **sleep**, **nutrition**, chemical health and mood & mindset 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.

— Changing Seasons —

As the weather continues to warm up, children and teens will be spending more time outside and out of the home. It is important to ensure that everyone is still practicing social distancing guidelines share by the government. It is also important to know where children and teens are when they do go outside. Knowing where a teen or child is can protect them from harm and also help to keep them out of trouble.

— Resources —

- Link Together's Wheeling Township Area **Resource Guide related to COVID-19**
- OMNI Youth Services' **Resource Guide**
- **National Suicide Prevention Lifeline** 1-800-273-TALK (8255)
- SAMHSA's **Talk They Hear You Campaign** for tips on talking with your teen about drugs and alcohol



Link Together



@Link_Together

FIND US ONLINE

linktogethercoalition.org

Contact us directly at: linktogethercoalition@gmail.com

— Drug Take Back Programs —

During this time at home, clean out your medicine cabinets. Is your medicine cabinet full of expired drugs or medications you no longer use? Your medicine is for you. What's safe for you might be harmful for someone else. You can dispose of your expired, unwanted, or unused medicines through a drug take back program, or you can do it at home.

The **US Drug Enforcement Administration** (DEA) sponsors **National Prescription Drug Take Back Day** twice a year in communities nationwide. The April 2020 date was postponed until further notice. However, there are still options for safe drug disposal. In Wheeling Township, the Walgreens locations in Buffalo Grove (15 N Buffalo Grove Rd) and Wheeling (10 N Milwaukee Ave) have drop off boxes. You can also use a **Deterra** at home drug deactivation bag. **Click here** to receive a free disposal pouch or contact Link Together.



Social Norms is an evidence-based campaign aiming to change student behavior by correcting misperceptions of peer norms. Social Norms programming is active at all 12 middle and high schools in Wheeling Township.

Dr. B's Medical Corner

Dr. Brottman, Board Certified Pediatrician

It can be difficult to maintain positive mental health and remaining calm during times like this. **Breathing** through stressful situations is a healthy way to cope and to bring on a **feeling of calmness**.

Joe Bush Twitter link and who he is

Social Norms definition and POSTER for May middle school and May high school