

Link Together's Prevention Newsletter



{Winter Edition}

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.*



— Strategies for Parents —

*Parents are facing unique challenges right now.
How can you help your teen cope?*

What are some warning signs that I should be aware of as a parent?

Link Together hosted Dr. Aaron Weiner at the November meeting. Dr. Weiner is a licensed, board-certified psychologist and master addiction counselor. He is a clinician and an author. Dr. Weiner earned his doctorate from the University of Illinois at Urbana-Champaign and completed his fellowship in Addiction Psychology at the VA Ann Arbor Healthcare System.



We are attaching the You Tube presentation for you to learn more!

<https://youtu.be/O2t-ylEHKnI>

Additionally, two Apps that Dr. Weiner suggested are: Headspace and 10% Happier

Aaron Weiner, PhD, ABPP
Licensed Clinical Psychologist

weinerphd.com

— Human Performance Project —

Five ways you can do stress management through your body:

1. Get up and move every 30 minutes. Do not sit still for too long while you are studying or doing work.
2. Accept the things you cannot control and focus on the things you can.
3. Abstain from alcohol and drugs.
4. Make sleep a priority so that you are consistently getting 8 hours each night.
5. Monitor your caffeine intake. Do not consume more than 200mg of caffeine and do not drink it after 2:00 PM.



For more information visit ilhpp.org

Help Teens Stay Positive!



Link Together



@Link Together

FIND US ONLINE

linktogethercoalition.org

Contact us directly at: linktogethercoalition@gmail.com

— Coalition of the Year —

Link Together has been awarded the 2020 "Coalition of the Year" Award through **CADCA's Got Outcomes!** Program. This national award is based upon outcomes achieved in substance use prevention, supported by local data. It is with the work and support of each of our partners that Link Together received this award, and we continue to empower our Wheeling Township youth to be drug and alcohol free.



— Talk. They Hear You. —

In December, Link Together was named **SAMHSA's Partner of the Month**, for our work with the *Talk. They Hear You.* Campaign. Our Wheeling Township students report that their parents and guardians are their number one influence in the choice not to use drugs or alcohol. Continue to have conversations with you teens about healthy decision making.

UPCOMING VIRTUAL EVENT

Teens & Screens: The Impact of Popular TV

What is Your Child Learning from Shows like *Queen's Gambit*, *Stranger Things* & *Euphoria*?

Wednesday, February 24, 7 - 8 PM

To register, visit: bit.ly/streamingteens

This virtual presentation is co-hosted with neighboring drug prevention coalitions Stand Strong, LEAD & Link Together.

— 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)

Dr. B's Medical Corner

Dr. Brottman, Board Certified Pediatrician

The brain is continually working, even during sleep. Each part of the brain has a specific and important job to do. When drugs enter the brain, they interfere with its normal tasks and can eventually lead to changes in how well it works. Over time, drug use can lead to addiction, a brain disease when people cannot stop using drugs even when they really want to, and even after it causes negative consequences to their health and other parts of their lives. Teen brains are more susceptible to addiction, as the brain continues to develop in to the mid-20s. **Watch this video** from NIDA to learn more. (NIDA, 2020)