



News for and about leaders in alcohol and other drug prevention

Spring2008

Issue #67

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## 2008 Illinois Teen Institute Update

It's that time of year again! Time to be thinking and planning for ITI 2008! The next ITI planning meeting is scheduled for April 12, 2008 at Chestnut Health Systems in Bloomington, Illinois from 12:30-4:00 p.m. We need everyone there to make ITI 2008 the best year yet!!

### When & Where

The 2008 Illinois Teen Institute will be held July 13-17, 2008 on the campus of Monmouth College in Monmouth, Illinois. The college allowed a great venue for ITI 2006 and 2007 and we are excited to be back for 2008!

The ITI Leadership Team has been selected and a call for presenters form has been posted via the website.

Applications for ITI are available for downloading under the ITI 2008 link. If you attended ITI 2007 and have not yet received your application for ITI 2008, or if you would like additional applications, please contact us at 800.252.6301 ext. 52.

Again this year, all applications will be sent directly to IADDA. If you are applying for a position that requires an interview (PALS 1, PALS 2, A-Team, Adult Participant or Volunteer Staff), you will receive information on how to schedule your interview after your completed application packet and tuition have been received.

Again, ITI is working to align more directly with the DHS Office of Prevention Services Work Plan guidelines and outlook, as well as providing IAODAPCA CEU's. This should enable more volunteers to participate in ITI 2008. ITI hopes to continue to be the training ground for youth impactors and advocates statewide and will continue to offer opportunities for youth to become involved in public policy change and activism through educational sessions and Community Action Teams planning and implementation.

Be sure to check the web for updates on presenters and information as it becomes available and remember to recruit, recruit, recruit! Last year was a success, and with your help, this year will be even better!!

If you have any questions about ITI 2008 please contact Shelly Musser at 800.252.6301 ext 16 or [smusser@iadda.org](mailto:smusser@iadda.org) or Laurie Campbell at 800.252.6301 ext. 15 or [lcampbell@iadda.org](mailto:lcampbell@iadda.org).

# Happy Spring, Prevention Friends!

When the groundhog gives us the bad news that we have six more weeks of winter we can feel the downward drag on our morale, our energy, and our outlook. How do we pull ourselves out of it? Some of us spend more time with upbeat, positive people. Some of us participate in activities that promote high energy. Others of us look toward spring, and get ready for the warm weather.

This time of the year can feel the same way for those of us who participate in Snowball as a year round process (and we all do, don't we?). We may feel our event morale slipping as our seniors and leadership staff get ready to move on to college or the workforce, and we know that the event will feel differently without them. Our event energy may be zapped by the mid year pressures of recovering from finals, applying for colleges, and then having to get ready for a spring Snowball event in the middle of it all. When we have to sometimes struggle with issues of commitment, funding, and getting students to come to Snowball when we know how busy everyone is, it can really impact us. So, again, how do we pull ourselves out of it? Here are some "doldrum" suggestions:

1. Decorate lockers of Snowball staff/office doors with motivational quotes and reminders of their value in the snowball process.
2. Gather your Snow staff together for a night of board games or a movie night, just spending time together as a Snowball team.
3. Put a Snowball article in your school newspaper or community newspaper to raise awareness and get the word out.
4. Have a "taste of Snowball event" in individual classrooms or during a lunch hour with songs and games to create energy.
5. Have a Snowball table in the lunchroom to recruit staff or participants.
6. Sponsor a Snowball "random acts of kindness day" and give back good feelings to students and teachers.

These are just a few ideas to help keep you energized and focused, we would love to hear how you keep motivated all year and how you keep the doldrums away from your event. The Snowball board of Director's is always available to listen and learn. Keep your spirits high, spring is just around the corner.

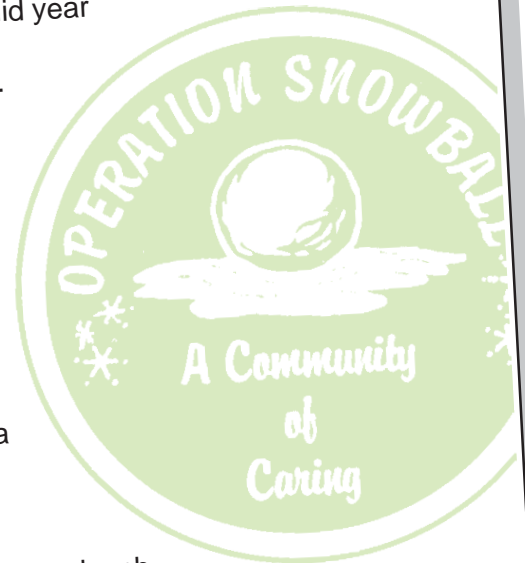
Hugs and Warm Fuzzies,

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Dear ITI & MLI Volunteers,

It is with very mixed emotions that I must write this letter and let you know that I have resigned with IADDA effective March 31, 2008. I will no longer be the Program Manager for ITI & MLI.

I was offered and took a position within the Substance Abuse treatment field as Program Manager for an Inpatient/Outpatient Program for Gateway Foundation in Springfield. Although I am excited about this new opportunity for advancement in my career, I am very sad at the thought of leaving all of you. The entire prevention field was a new challenge for me, as my entire 20 year work history had been in treatment. Coming to IADDA to run the institute programs was a very rewarding experience for me. I saw the effects that these programs have had on individuals for decades and it allowed me to see the true meaning of volunteerism. I know that I said this at ITI last year, but I am humbled to have worked in a program that was not only built on such principles of service, but that employed so many who volunteered their time and efforts to make it a success. ITI is a fellowship of individuals working together for a greater good, it is a collaboration that has proven the test of time, and continues to do great service and work!! I am proud to have been a part of it for a short time and feel truly blessed by the welcome and love that you showed toward me over this past year.

A new External Program Manager for both programs has already been employed by IADDA. Her name is Shelly Musser, and she has been working with IADDA for the last 5 months. Shelly and I have been discussing ITI & MLI a lot over the last several weeks and I know that she has a desire to grow both of these programs and to work closely with those who care so much about prevention. It is my hope that you will give her the same warm, inviting welcome that you gave me.

Please know that I have enjoyed getting to know each and every one of you over the last year, and will think of you often. YOU ROCK!!

Warmest Regards and Blessings,  
Cheri Fiala



### **Southern Illinois MLI 2008**

The first Southern Illinois Mid-Level Institute was held on March 6-9, 2008 at Lake Williamson in Carlinville, Illinois for “Back to the Basics: Mission Possible”. This first time event saw 51 participants and 26 volunteer staff members come together for a successful weekend, learning about the “Basics” of Alcohol and Drug prevention. The participants heard a variety of speakers on such topics as character and leaderships role in prevention, teambuilding exercises to strengthen decision making skills, energy drink education and advocacy as well as celebrating healthy choices.

The participants were excited throughout the weekend to take part in all events and are anxiously awaiting MLI 2009!

### **Central Illinois MLI 2008**

Central Illinois MLI, scheduled for April 4-6, 2008 at Nazarene Acres in Mechanicsburg, Illinois, is gearing up to celebrate its 5<sup>th</sup> anniversary. The theme which was shared with this year’s first Southern Illinois MLI event is “Back to the Basics: Mission Possible”. Central Illinois MLI will once again draw from areas throughout the State to share prevention information with 6-9<sup>th</sup> grade participants. There will be a six month reunion scheduled for those who participate in this weekend event. IADDA will continue to take fully completed MLI applications up until April 2<sup>nd</sup>, so there is still time to register. Call 800.252.6301 ext. 16 for more information, or email [smusser@iadda.org](mailto:smusser@iadda.org) with any questions.

## Important Illinois Teen Institute

### Dates 2008

June 2, 2008	ITI Staff Apps Due
May 18, 2008	ITI Participant Apps Due for Early Tuition Break
June 2, 2008	ITI PALS 1 & 2 and Youth and Adult A-Team Apps Due
June 2, 2008	ITI Participant, 2nd Year Participant & Adult Part. Apps Due
June 6-8, 2008	ITI Leadership Retreat
June 30, 2008	Last Day to Cancel & Receive Refund (Participants, Second Year Participants, PALS 1 & 2 and Adult Participants who cancel on or before June 30 will receive a refund minus a \$50 cancellation fee)
July 11-13, 2008	ITI Staff Training
July 13-17, 2008	ITI 2008

## McHenry County's Mid-Level Institute Reunion

The 7<sup>th</sup> Annual MLI Reunion for McHenry County was held on February 23, 2008, at the Family Service and Community Mental Health Center building in the City of McHenry. We had our largest numbers for any reunion with more than 40 students and staff from the 2007 MLI in attendance. Reunion participants were excited to gain more skills, participate in more fun activities, and catch up with old friends. They were



able to experience the Wheel of Wisdom educational game show, learning facts about alcohol and other drugs and winning prizes, including one free school presentation. Students also broke into small groups for teambuilding and a discussion about activities they have coordinated or are planning in their school or community.

Throughout the day, the participants identified skills within themselves that will help make them great leaders. They strengthened their ability to take positive risks, be catalysts for change, and, ultimately, make a difference in their

community. All those present at the reunion are looking forward to McHenry County's 8<sup>th</sup> Annual MLI, which will take place October 24-26, 2008, at Camp Algonquin, in Algonquin, IL. Applications for adult and youth staff, the Active Leadership Learning for Youth (ALLY) youth staff training program for freshman in high school, as well as general participant applications are available. Contact Lori Baker, Manager of Prevention Services for Family Service, at (815) 669-2485 with any further questions.

## Thank You ITI and Snowball Volunteers!

### Celebrate National Volunteer Week 2008

April 27-May 3

Sponsored by the Points of Light Foundation, National Volunteer Week is about thanking one of America's most valuable assets – our volunteers – and calling the public's attention to all that they do to improve our communities.

National Volunteer Week began in 1974 when President Richard Nixon signed an executive order establishing the week as an annual celebration of volunteering. Since then, every U.S. President has signed a proclamation promoting National Volunteer Week. Additionally, governors, mayors and other elected officials make public statements and sign proclamations in support of National Volunteer Week.

For additional information about National Volunteer Week, please visit [www.1-800-volunteer.org](http://www.1-800-volunteer.org).

## Teaching Media Literacy

Snowball presented a half-day workshop on teaching media literacy in Yorkville. The training was hosted by Education Services Network. Participants learned about the different types of marketing used by the tobacco and alcohol industries and how it affects youth behavior. Through hands-on activities, participants learned how to break down advertisements in order to apply media literacy education when working with youth. Participants were introduced to several media literacy resources available for loan through the Education Services Network library.



## OS Board of Directors Election

IADDA staff and the OS Board of Directors would like to congratulate the following OS Board of Directors members on their election to the Board.

Linda Pfeifer-District 2, Charles Patton-District 3, Rob Grupe-District 10 and Ron Jakubisin-District 12.

Meredith Sheriff, who has been a long time board member, did not seek re-election. Operation Snowball thanks Meredith for her contributions to Operation Snowball and wishes her well in future endeavors.

## OS Board of Directors Retreat

The Operation Snowball, Inc. Board of Directors' Retreat was held February 23, 2008. The Board of Directors meets annually for strategic planning and teambuilding. The Board is dedicated to supporting the chapters of OS and the youth of Illinois. If you have any concerns and/or feedback to direct to the OS Board of Directors, please contact Mary Jo Peavy at 800/252-6301, extension 18 or email to [mpeavy@iadda.org](mailto:mpeavy@iadda.org).

## Snowmeet

Edward Hospital in Naperville hosted the 6<sup>th</sup> annual Snowmeet on Tuesday, March 4<sup>th</sup>. Over 30 youth and adults gathered for workshops and networking. The day began with a presentation on internet safety given by Sarah Migas of the Illinois Attorney General's office. Snowball Board of Directors member, Ron Jakubisin, presented on energy drinks. Teens from the Naperville Snowball chapter presented prevention skits. Everyone shared information in a networking small group activity. OS, Inc. would like to say thank you to the presenters and Edward Hospital for providing the meeting space and lunch.

## Naperville Snowball Skit DVD

The skit DVD volume #1 was developed to give Snowball chapters ideas on skits they might want to use when presenting alcohol, tobacco, and other drug (ATOD) issues or teen issues in a large group. By utilizing your teen staff, your chapter can develop a large group made up of music and speaking skits. No need for bringing in expensive speakers when your staff can do the presenting!!! The participants will be able to relate better to their peers than to an adult!!

This DVD has 5 ATOD skits and 3 teen issues skits all set to music. Utilizing songs that are familiar to teens helps them stay focused on what is being presented.

For more information on how you can get one of these DVDs, as well as the scripts for the skits, send your inquiries to Spike Grosshuesch at [spike\\_grosshuesch@ipsd.org](mailto:spike_grosshuesch@ipsd.org).

## 'Remembrance Tree' unveiled at Courthouse to promote safe holiday driving in honor of National Drunk and Drugged Driving Prevention Month

Carlinville – Members of Macoupin County Operation Snowball and local officials recently joined at the county courthouse to unveil a holiday remembrance tree to raise awareness of the dangers of impaired driving and its impact in Illinois. The dedication of the tree is to coincide with



December's designation as National Drunk and Drugged Driving Prevention Month and the holiday season.

The 'Remembrance Tree' is decorated with bells donated by students and members of the community from across the county. Each bell on the tree represents a life that was lost last year in Illinois due to an accident caused by a driver who was impaired by alcohol. Some of the donated bells bear the name of a specific loved one who was lost.

"All of us with Operation Snowball wanted to use the holiday season as a way to pay respect to the lives lost in Illinois and show a more local perspective on the impact of impaired driving," said Robin Black, Director of Macoupin County Operation Snowball. "These bells were collected throughout the community and schools to remind us of those killed by drunk or drugged driving."

In 2006 there were 594 alcohol related fatalities in Illinois caused by drivers under the influence. There have been 20 in Macoupin County alone since 2000. The number of those seriously injured is significantly higher.

Macoupin County Operation Snowball is an alcohol and other drug use prevention program focusing on leadership development to empower youth to lead drug-free lives. The name originates from the idea that "if I have a positive impact on you, you can have a positive impact on someone else" and

the effect snowballs. Out of this concept emerges “A Community of Caring”—the success of Operation Snowball.

Joining the members of Operation Snowball at the tree dedication were State Senator Deanna Demuzio; State Representative Gary Hannig; Macoupin County Circuit Judge Kenneth Deihl; Circuit Clerk Mike Mathis; MADD chairperson Stephanie Emery; Macoupin County Sheriff Albrecht; Robin Black, Macoupin County Snowball chairperson; and Judy Juenger, Macoupin County Prevention Specialist.

“This tree is a great way to help people understand how many lives and families were tragically changed in Illinois alone by impaired drivers over the last year. It is important to pay tribute to their lives,” said Senator Demuzio. “Community efforts like this are what bring people together during the holidays.”

“Considering the number of cases coming through this court house that are related to impaired driving, we are fortunate not to have more serious accidents caused by this in Macoupin County. Hopefully this effort will make some think twice before getting behind the wheel when they shouldn’t over the holidays,” said Judge Deihl.

Macoupin County Operation Snowball urges you to please consider others’ lives when you celebrate this holiday season. If interested in getting involved with Macoupin County Operation Snowball, please contact Robin Black at [macsnowball@gmail.com](mailto:macsnowball@gmail.com).

## Annual OS Recognition Awards

Operation Snowball, Inc. and the Board of Directors awarded recognition awards for outstanding support of Operation Snowball. The awards recognize outstanding youth and adult members of OS chapters as well as prevention efforts of individual chapters. There also is an award recognizing school and/or community support for OS efforts.

Outstanding adult leader – Colleen Cline at Westmont OS

Outstanding Snowball/Snowflake chapter – Homewood-Flossmoor OS

Outstanding support from local community organization or business – Lake County Health Department, Ron Jakubisin and Kim Zambale

Outstanding support from a school – Ron Fiala at Westmont OS

*Congratulations to all the award winners!*

## Life After High School

*Submitted by Emma Trevor, Operation Snowball Board Youth Advocate*

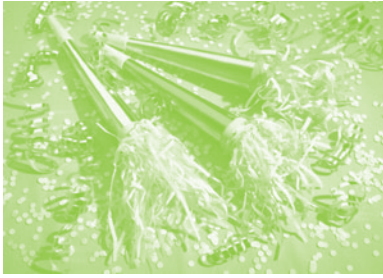
As a second-semester high school senior, I’ve got nothing but college on the mind. But unfortunately, whenever the subject comes up among friends, so does the concept of underage drinking. *Everybody does it*, some will argue. *It’s okay as long as we’re not driving*, points out another. The perception is that once you’re a college student, it’s okay to drink. Young people forget that drinking is, by law, illegal until age twenty-one. Poor behavior is considered acceptable with the excuse of *Oh, it’s college*. People who drink underage don’t grasp how the drug affects them, their bodies, minds, reputations. Even some students who are currently involved in high school prevention activities don’t see the consequences—physical, mental, immediate, long-term—that come from the consumption of alcohol in college. Sadly some say experimentation is inevitable.

I have one such friend, “Heather,” who attended Snowflakes and Snowballs for a number of years, staffing a couple Snowballs as well. She was drug- and alcohol-free (to my knowledge) throughout high school, and served as a strong role model to her small group. But once she went to college, astounded by the overwhelming freedom, she began to drink. Heather told me she got drunk almost every weekend, but promised me she always had an escort back to her dorm. And unlike a good number of her peers, she never went to class intoxicated or hung-over. Although I didn’t—and still don’t—approve of her decision to drink illegally in the first place, the best decision I made in this situation was to not let her choices distance our friendship.

Recently Heather realized how foolish her behavior had been during her first semester of college. She says she now goes to parties, stays sober, and regrets ever drinking. “You know, Emma, you were right,” she tells me. “I have better things to do with my weekends, with my life. I want to remember my college years. I don’t want these days to be a blur in my mind.” Not to mention she wants to avoid other risky behavior, too. Second semester, a new chapter in her prevention life, Heather goes to college parties and encourages her friends to stay sober with her. She does not separate herself from friends who may make unhealthy choices, but instead continues to serve as a role model, having learned from her mistakes. “No matter where I am or who I’m with, I don’t need alcohol in order to have a good time.” She smiles, “I guess Snowball had it right all along.”

## Going Once, Going Twice ... Going Online!

Operation Snowball Kicks off its 2008 Spring Fling cMarket Online Auction this Spring. Visit us on the Internet at [www.os-iti.org](http://www.os-iti.org). There's truly something for everyone in this auction – from family getaways to sports items. Buy something for yourself, family, or a friend! Auction runs from April 15th through April 30<sup>th</sup>. Want to make a donation? Contact OS, Inc. at [mpeavy@iadda.org](mailto:mpeavy@iadda.org) to donate or sponsor an item.



## Games Corner

### All Aboard

Mark a one foot by one foot square on the floor with masking tape. This square has just become a spaceship. Your group members are astronauts, and they must get into the spaceship before it blasts off. This means that the entire group must stand in the spaceship (the square), without any part of their bodies touching the ground outside of the spaceship for a count of 30. If anyone falls out during the count of 30, the group must start over. **VERY IMPORTANT:** In order to keep the activity safe, there should be no standing or sitting on people's shoulders. When processing this activity, ask how people felt when they had to start over. How many times did they change the plan and why? Who were the leaders? How did it feel to get frustrated, and how did people deal with that frustration? How does this activity relate to real life?

## E-Mail Updates

In an effort to keep chapters informed with up-to-date campaigns/initiatives, facts, statistics and general alcohol, tobacco, and other drug prevention information staff has developed an e-mail list. Members receive the latest information and news from federal and state programs such as Substance Abuse and Mental Health Services (SAMHSA), Center for Substance Abuse Prevention (CSAP), Join Together Online, Campaign For Tobacco Free Kids, Community Anti-Drug Coalitions of America (CADCA), and many more. You may join the OS-ITI network by visiting [www.os-iti.org](http://www.os-iti.org) and select the link to join listserv or contact Mary Jo Peavy at 800.252.6301, x. 18 or [mpeavy@iadda.org](mailto:mpeavy@iadda.org) for assistance.

## Operation Snowball, Inc. and the Illinois Teen Institute Web Site

Operation Snowball, Inc. and the Illinois Teen Institute are pleased to announce the unveiling of an updated, re-designed website at [www.os-iti.org](http://www.os-iti.org). The website will showcase events, trainings, resources, and networking through print and visual media. Among the highlights is a new Social Networking page where we are able to tap into the power of networking and



sharing among others with a passion for prevention and hold discussions in forums and even share videos. We will soon have podcasts that will also allow sharing of information. Topics such as games/activities, staff training, recruiting, teambuilding, ATOD's, media literacy, community change, and public policy will be discussed.

Does your chapter have a skit or small group video to share? Would you like to record a podcast? Please contact Mary Jo Peavy at [mpeavy@iadda.org](mailto:mpeavy@iadda.org) or call 800.252.6301 extension 18 to discuss how to share with others in prevention.

What is social networking? Go to [http://www.youtube.com/watch?v=6a\\_KF7TYKVC](http://www.youtube.com/watch?v=6a_KF7TYKVC) for a simple explanation.

Be sure to check it out and join our *Facebook* group and *YouTube* channel.



Corliss High School  
Cuyahoga County TI (Ohio)  
Robert Morris College SIFE

**IMPACT Your Community** is a publication of Operation Snowball, Inc. and Illinois Teen Institute and is free of charge to subscribers.

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OS staff is provided through a contract between the Illinois Alcoholism and Drug Dependence Association and Operation Snowball, Inc.

**IMPACT Your Community** invites your comments, articles or photographs. An article must be submitted in typed, double-spaced format. Photos must include caption or an explanation of the event. Please direct articles or comments to:

Operation Snowball, Inc. / Illinois Teen Institute  
937 South Second Street  
Springfield, IL 62704  
800-252-6301 or 217-528-7335

**We Want To Know!**

**Has your Snowball chapter or ITI Community Action Team (CAT) been successful at prevention?**

- ❖ Did you do something unique for Red Ribbon Week?
- ❖ Do you have a new cool ATOD awareness activity?
- ❖ Did you participate in a Town Hall meeting?
- ❖ Did you help implement a new policy in your school or community?
- ❖ Did you work with groups in your community (i.e. law enforcement, faith group, parent group, etc.)?
- ❖ Did you discover a good presenter?
- ❖ Did you have an exciting theme at an event?

Snowball and ITI want to know what you've been doing. Please email us at [iadda@iadda.org](mailto:iadda@iadda.org) or call 800.252.6301 extension 18.

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