



## YOUR COMMUNITY

News for and about leaders in alcohol and other drug prevention

Spring 2006

Issue #59

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## 2006 Illinois Teen Institute Update

Spring has finally arrived and the 2006 Illinois Teen Institute (ITI) will be here before you know it. This year, ITI will be moving to Monmouth College in Monmouth, Illinois. Monmouth's private picturesque campus boasts two new dormitory buildings, a new sports/recreational complex and has a Ben & Jerry's ice cream stand in its student center! We hope to see you there for **ITI 2006 July 16-20** as we get to know ITI's new home. To find out more about Monmouth, visit their website at [www.monm.edu](http://www.monm.edu).

Already, the Leadership Team has been selected (visit the website [www.os-iti.org](http://www.os-iti.org) under ITI 2006 for this year's roster), and several general session and workshop speakers have been confirmed such as Dr. Adolph Brown, Healthworks Theatre, Kristi Thomas and Jim Dederá. Additional TRAX presenters are still needed. To view the list of topics still needing presenters, please see the article *Seeking Presenters for ITI 2006*.

Remember that ITI has a new role this year—Second Year Participants. This role is open to youth who will be attending ITI for the second time and who do not want to move onto the PALS 1 program. All you need to do is mark the box on your application for Second Year Participant to enjoy another year of ITI as a participant. Those who want to participate in the PALS 1 program their second year at ITI may still directly apply to be a PALS 1. Questions about this new participation option can be directed to Jennifer Marwick at 800.252.6301 ext. 13 or [jmarwick@iadda.org](mailto:jmarwick@iadda.org).

Applications for ITI can be downloaded directly from the website at [www.os-iti.org](http://www.os-iti.org) under the ITI 2006 link. If you attended ITI 2005 and have not yet received your application for ITI 2006, or if you would like an additional application, please contact us at 800.252.6301 ext. 13 to request one or download copies from the website.

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.



(continued on page 3)

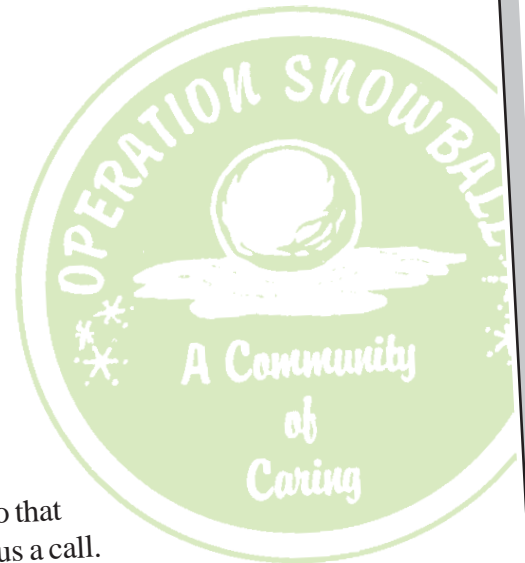
# Happy Spring, Prevention Friends!

Hey there fellow Snowballers,

It has a busy few months for the Board of Directors and OS Inc. Staff. We have been creating new resources and strategizing about how we can provide more resources to our chapters. That got us to think about the resources we have in all the chapters across the world that we don't even know about! What are the resources that your chapter has that other chapters would benefit from knowing about or having to be able to use? Please write to us at [mpeavy@iadda.org](mailto:mpeavy@iadda.org) and share your treasures so that all the chapters may learn from your successes!

Resources that OS Inc. have made available to chapters recently:

- Parent involvement guide.
- Updated chapter (to be mailed soon) in the *Prevention Resource Guide* that highlight Snowball's direct link to the *Strategic Prevention Framework* which is considered a prevention field "best practice."
- Have you checked out your Resource CD lately? You may be surprised at the things you may find on there!! (Contact OS, Inc. if you don't have a Resource CD.)
- Networking opportunities such as Snowmeet, so you can take advantage of the best resources out there-fellow OS chapter members!!
- Your Board of Directors member! You say, "I don't know who that is?!?" Check out the website to find out who we are and give us a call. We are at your service!



As spring continues and we roll into summer, be thinking about the "year round process" of Operation Snowball. Keep in mind that summer is when youth spend a lot of time unsupervised and have a tendency to make more decisions independently. What do **you** plan to do to keep the Snowball rolling over the summer months and how do you plan to remind youth to make healthy decisions?

We have one last question for you. Did you know that Operation Snowball turns 30 in 2007? Be on the look out for opportunities to get involved in the 30<sup>th</sup> Anniversary Celebration.

Hugs and Warm Fuzzies,

Charla Waxman  
Chair

Marilee Muirhead  
Vice Chair

Meredith Sheriff  
Secretary

Amanda Carl  
Treasurer

Ron Jakubisin  
Past Chair

ITI is working this year to align more directly with the DHS Office of Prevention Services Work Plan guidelines and outlook by including more direct training to enable more volunteers and youth to participate in the Institute. At least one large group presentation, an idea roundtable and 4 TRAX workshops will focus on these areas. 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. Any questions about these sessions in relation to the Work Plan can be directed to Mary Jo Peavy or Jennifer Marwick at 800.252.6301 ext. 18 or 13.

Be sure to check the web for updates on presenters and information as they become available and remember to recruit, recruit, recruit especially since we have new roles to offer and a new location to explore. Last year was hugely successful, and this year can be even better with your help!

Questions about the application process or the upcoming Institute can be directed to IADDA at 800.252.6301 ext. 52 or [iadda@iadda.org](mailto:iadda@iadda.org).

## Accepting Pre-Reservations for Scholarships

In anticipation that ITI will be awarded funding again this year by the Illinois Department of Human Services for **71 full-tuition scholarships** for minority youth to attend ITI 2006, we would like to announce that we will begin pre-accepting applications.\*

The following criteria apply to these scholarships:

- ✧ Scholarships are given away on a first come, first served basis. Applications must be submitted in complete groups (i.e. 5 at a time, not individually) and the applications must be complete.
- ✧ Adult coordinators are requested to contact IADDA prior to sending in their applications with the number of applications being submitted and the names of the youth attending.
- ✧ Scholarships must be given to youth of minority backgrounds.
- ✧ Preference is given to teams that include an adult participant, volunteer staff or community contact who will provide support and assist the participants with follow-through on their community action plans after ITI.

Applications for ITI can be downloaded directly from the website at [www.os-iti.org](http://www.os-iti.org) under the ITI 2006 button.

For questions about these scholarships or the criteria, please contact the IADDA office at 217.528.7335 ext. 52 or [jmarwick@iadda.org](mailto:jmarwick@iadda.org).

The staff, volunteers and participants of ITI are appreciative of this opportunity and thank DHS for their continued support of ITI. ITI is partially funded by the Illinois Department of Human Services.

*\* The availability of scholarships cannot be confirmed until May 2006. However, groups are encouraged to begin collecting and sending in their applications to IADDA starting now. IADDA will begin accepting applications on a first come first served basis as of March 1. Once funding has been confirmed by DHS in May, IADDA will begin processing the applications and will notify the adult contacts that their submitted applications have received funding. No scholarships are guaranteed for any applications submitted and depend entirely on the receipt of FY 07 funding from DHS for this purpose.*

## Seeking Presenters for ITI 2006

Workshop topics for the 2006 Illinois Teen Institute have been determined, but interested presenters are still needed. We are seeking presenters whose styles are both educational and interactive. Workshops are 3 ½ hours in length and are held on Tuesday, July 18 and Wednesday, July 19, 2006.

Topics should reinforce and support the mission and vision of the Illinois Teen Institute. Available topics include: Social Norms Marketing, Environmental Strategies to Reduce Underage Drinking, Teen Drug Use Trends, Resiliency Skills, an Activism How To, Healthy Relationships, Pharmacology and Addiction, Tolerance/Diversity, Fundamentals of Youth Leadership, Peer Helping/Counseling Skills, Teen Mental Health and Self-Destructive Behaviors and Time and Stress Management Skills.

If you are interested in presenting a TRAX, please visit the ITI website at [www.os-iti.org](http://www.os-iti.org) under the ITI 2006 link or contact the IADDA office at 800-252-6301 ext. 52 for a Call for Presenters Form.

**Drug education is most effective when students feel comfortable sharing their ideas and asking a lot of questions.**

## Important Illinois Teen Institute/ Mid-Level Institute Dates 2006

May 19, 2006	ITI Staff Apps Due
May 19, 2006	ITI Participant Apps Due for Early Tuition Break
June 9, 2006	ITI PALS 1 & 2 and Youth and Adult A-Team Apps Due
June 23-25, 2006	ITI Leadership Retreat
June 30, 2006	ITI Participant, 2nd Year Participant & Adult Part. Apps Due
June 30, 2006	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 14-16, 2006	ITI Staff Training
July 16-20, 2006	ITI 2006
Sept. 9, 2006	MLI Reunion
Sept. 16, 2006	ITI Leadership Debriefing

## Thank You ITI and Snowball Volunteers!

### Celebrate National Volunteer Week 2006

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.

The 2006 theme is “**Inspire By Example**” because it truly reflects the power volunteers have to inspire the people they help, as well as, to inspire others to serve!

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 contact Kisha James at (202) 729-8168.

## Westmont Snowball Wins IDEA Award



Community Unit School District #201 (Westmont) won the award for Outstanding School-Based Prevention Program at the Illinois Drug Education Association (IDEA) awards. In the picture from left to right are Detective Jim Schlicher, High School Student/Snowball Director Amanda Freeman, High School Student/Snowflake Director Caroline Kienzle, Teacher and Operation Snowball Board member Jason Bolden and Kathy Jobin (IDEA).

## 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 re-election to the Board or re-appointment by the IADDA Board of Directors.

Karen Beverlin-District 12, Rob Grupe-District 10, Charles Patton-District 3, Breyn Puckett-District 9, Meredith Sheriff-District 5, Amanda Carl and Charla Waxman as IADDA appointments.

OS, Inc. welcomes Susie Hirshfeld from Naperville as a Youth Advocate.

IADDA appointee, Tim Klasinski and Matt Cullen have regretfully resigned from the OS Board of Directors. OS thanks Tim and Matt for their contributions to Operation Snowball and wishes them well in their future endeavors.

District 2 has a vacant seat, if you or anyone you know is interested in joining 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).

# Operation Snowball 30th Birthday Contest



A birthday party for Snowball  
will soon be coming your way;  
the board members seek your help  
and it's work and it's also play.

Thirty is how old we'll be;  
we need your help to create  
a logo, a slogan, a theme  
for our really special birthday.

You'll send your ideas to us,  
we'll vote, and then you can win;  
\$1000 that you can use,  
now wouldn't that make you grin?

When a Snowball event is held,  
We'll all use your logo and theme,  
the slogan will be there too,  
all for one—in the Snowball dream.



Developing the logo, slogan and theme for Operation Snowball's 30th birthday is not only a chance for you to win \$1000 for your event, it is a chance for your work to be showcased by other chapters as they use the logo for their event. The winning entry will be put into a party packet provided to all chapters inviting them to take part in our celebration.

We are looking for creativity, adherence to the Snowball spirit and a drug/alcohol-free message! All submissions must be in camera-ready form, no larger than 8½ X 11. Entries will not be returned. Include: name, age, address, school, a short paragraph about you and what Snowball means to you.

Due date for review by the Board of Directors is June 1, 2006.

Send your work to: OS, Inc., 927 S. Second St., Springfield, IL 62704



## OS Board of Directors Retreat

The Operation Snowball, Inc. Board of Directors Retreat was held February 25-26, 2006 at the Hawthorn

Suites in Bloomington, Illinois. The Board of Directors meets annually for strategic planning and teambuilding. OS Board Chair, Dr. Charla Waxman facilitated a busy weekend working on the strategic plan for Operation Snowball. 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).



## OS Board of Directors Spotlight

Hi, my name is Susie Hirschfeld and I am currently a Senior at Neuqua Valley HS in Naperville. I have been recently accepted as a Youth Advocate (YAC) on the Snowball Board of Directors and have been doing Snowball programs since my freshman year. I think that participating and leading in Snowball proved to be one of the most valuable experiences during my time in highschool; it allowed me to break out of my shell and be who I wanted to be. I always give credit to the Snow programs for my large group of friends, or my Snowball family as I often refer to them as. I know that we prove to be a good support group for each other and I know I won't have to worry about what is going to go on at parties that they host. The leadership skills I learned have helped me to realize my strengths as a leader. It has given me some insight on my personality and how it would fit nicely with different careers. I am excited to be attending Calvin College in Grand Rapids next year, and am interested to see where being on the board takes me!



Snowball Hugs!  
Susie Hirschfeld



## Welcome New OS Chapter! Springman Middle School

### Over 50 Attend Snowmeet

Edward Hospital in Naperville hosted the 4<sup>th</sup> annual Snowmeet on Friday, February 3<sup>rd</sup> where over 50 youth and adults gathered for workshops and networking. The day began with a showing of *this Place*, a video produced by the Face Project ([www.faceproject.org](http://www.faceproject.org)) on reducing underage drinking. Everyone shared information in a networking small group activity. Kim Meldahl facilitated new experiential activities.

OS, Inc. would like to say thank you to the presenters and Edward Hospital for providing the meeting space and lunch.

### Parent Session Tools

ITI and Snowball volunteer, Gayla Boomer has graciously developed guidelines and suggestions for successful parent sessions. It is important that parents understand the process of the Snowball program. A parent session will enable families to support drug-free youth. A parent session should familiarize parents/guardians with the OS program, philosophy and mission; familiarize parents/guardians with the events and activities of your Snow event; enlist parents as partners in prevention efforts; share opportunities for parents and community members to support the program and share community resources and parenting information with parents/guardians.

For the complete guide please visit [www.os-iti.org](http://www.os-iti.org). You will find the guide in the resources section.

**Kids who report learning a lot about the risks of drugs from their parents are up to half as likely not to use drugs.**

# SNOWMENTUM

The following is a list of Operation Snowball chapter events, trainings, conferences and board meetings. Also, included are the Illinois Teen Institute and Mid Level Institute planning meeting and event dates.

## JUNE

**June 5-11, 2006:** Northwest Illinois Operation Snowball (NIOS)  
Contact Kim Tice at [icet123abc@gmail.com](mailto:icet123abc@gmail.com)

**June 17, 2006:** OS Board of Directors  
Contact OS at 800.252.6301, ext. 18 or [mpeavy@iadda.org](mailto:mpeavy@iadda.org)

**June 23-25, 2006:** ITI Leadership Retreat  
Monmouth College  
Contact Mary Jo Peavy at 800.252.6301 ext. 18 or [mpeavy@iadda.org](mailto:mpeavy@iadda.org)

## JULY

**July 16-20, 2006:** ITI 2006  
Monmouth College  
Contact IADDA at 800.252.6301 ext. 52 or [iadda@iadda.org](mailto:iadda@iadda.org)

## SEPTEMBER

**September 9, 2006:** Central IL MLI Reunion  
Location TBD  
Contact Jennifer Marwick at 800.252.6301 ext. 13 or [jmarwick@iadda.org](mailto:jmarwick@iadda.org)

**September 16, 2006:** ITI 2006 Leadership De-briefing  
Location TBD  
Contact Mary Jo Peavy at 800.252.6301 ext. 18 or [mpeavy@iadda.org](mailto:mpeavy@iadda.org)

To submit a date please contact IADDA at 800.252.6301, ext. 52 or email [iadda@iadda.org](mailto:iadda@iadda.org) for consideration.

## Games Corner

**Your Body On Drugs**—an excellent activity for young children to learn about the effects of substance abuse on the body.

**Supplies needed:** Bicycle tire and pump, calculator, 2 balloons, spoon and mixing bowl, bowl of water and 2 washcloths.

### Directions:

- 1) Ask for 7 volunteers to play the following parts:  
heart – act like they are “pumping” up a bicycle tire  
brain – punch numbers on a calculator  
lungs – 2 continuously blowing up balloons  
stomach – pretending to mix with spoon and mixing bowl  
kidneys- 2 continuously ringing out washcloths of water
- 2) Once everyone knows their part, talk about a stimulant and how it speeds everything up and makes the body parts work harder (have them do this for approximately 3 minutes).
- 3) Talk about a how depressants slow everything down (again, have them do their part for approximately 3 more minutes).

**Process:** Ask the volunteers how they feel. Most will say they are tired, their arms hurt, they are out of breathe, etc. Compare how they feel to how the body would feel and function.

**Alcohol is a factor in the four leading causes of death among persons ages 10 to 24: motor-vehicle crashes, unintentional injuries, homicide, and suicide.**

## Operation Snowball Attends CADCA Leadership Forum

*The Community Anti-Drug Coalitions of America (CADCA) National Leadership Forum is a valuable learning and networking opportunity for OS in our fight against substance abuse in Illinois and our communities. Mary Jo Peavy and OS Board of Director Marilee Muirhead attended the Forum.*

More than 3,000 substance abuse prevention and treatment specialists from throughout the country convened in Washington, D.C. for the CADCA National Leadership Forum on February 13-16, 2006 at the Washington Convention Center. CADCA's National Leadership Forum is the nation's largest training conference for community coalition activists and substance abuse professionals, featuring workshops on the latest research in the substance abuse prevention and treatment fields. The Forum was a celebration of CADCA and coalitions working together to make our communities safe, healthy and drug-free!

Obtained were fresh ideas and innovative strategies, ways to build new partnerships within our chapters, school, communities, and with other coalition professionals. Training was obtained on coalition-specific topics and substance abuse prevention. Participants were able to return home with solid solutions to challenges that can be put to work right away.

There was the opportunity to choose from workshops in key topic areas such as Coalition Building and Resources, Emerging Drug Trends, Strategic Planning and Building Partnerships-Sector Involvement. Capitol Hill Day provided visits to legislative leaders and their staff members to advocate for substance abuse prevention and treatment.

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

**IADDA Staff**

CEO: Joe Anna Sullivan

Associate Director: Sara Moscato

Business Manager: Pel Thomas

Prevention Coordinator: Mary Jo Peavy

Special Events Coordinator: Jennifer Marwick

Administrative /Mail Room Coordinator: Tabitha Holt

Special Projects Coordinator: Peggie Powers

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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**Operation Snowball, Inc. / Illinois Teen Institute**

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