

IMPACT

YOUR COMMUNITY



News for and about leaders in substance abuse prevention.

Summer 2009

Issue #72

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“Change will not come if we wait for some other person or some other time. We are the ones we’ve been waiting for. We are the change that we seek.”
–Barack Obama

“Be the Change” at the Illinois Teen Institute

“Be the Change,” and attend the Illinois Teen Institute Summer Leadership Conference July 19-23, at Monmouth College in Monmouth, Illinois. ITI 2009 has the potential of creating positive change throughout the state, but to create change, we need you!

What can be expected at ITI 2009? You can expect to hear from the best youth motivators in the nation. You can expect to be given the tools, knowledge, and motivation for action and change in your schools and communities. You can expect to be entertained, have fun, meet new people and have an experience of a lifetime!

We are thrilled to bring Jeff Yalden (right) to ITI, he has appeared on MTV MADE as a Life Coach! Jeff presented at the Mid-Level Institute in March and was highly rated by not only the participants, but the staff as well!



Also presenting is Javier Sanchez! Javier has been an advocate for youth and has been encouraging teens to realize that once they catch a vision and a sense of purpose for their life, there are NO LIMITS to their potential. He believes that positive change comes when people get beyond wanting, wishing, or hoping it happens, but actually take the steps to make it happen.

Participants and volunteer staff will also take part in workshops called TRAX (Teens Reaching for and Achieving Excellence). A glimpse of some of the TRAX: After the Music Stops: The Mis-Education of the Hip-Hop Culture, where participants will learn hands on how Hip Hop can be used as a positive teaching tool. Participants will leave this workshop as critical thinkers/listeners, and more able to decipher the truth behind the music; Reality Illinois, an in-your-face, stand-up-and-shout, not-taking-it-anymore anti-tobacco movement created by and for Illinois teens; For Athletes Only, explore the real, and often unknown consequences of alcohol/drug use in athletes; and Reality Theatre, teen actors teach theatre as a method of prevention.

Wait, there’s more! Participants will also engage in small group discussions to share their thoughts, ideas and opinions! Not to mention, all will participate in action planning to pave the way for positive change! Of course, we leave plenty of time for fun! From teambuilding, to scavenger hunts, to talent shows, there is something for everyone at ITI!

So, what are you waiting for? We are still accepting applications for participants and PALS – the deadline is June 22. It is often said “The sky is the limit.” The sky is hardly the limit when we have walked upon the moon! “Be the Change.” See you at ITI 2009!





Dear Friends,

For most Snowball chapters, Spring marks not a traditional beginning, but an ending. The ending of the school year often means the ending of the Snowball year. A few chapters are laying groundwork for next year, and a few are sending teams to the Illinois Teen Institute in just a few short weeks for extra training and networking. But most teens and their adult leaders are probably taking it easy and enjoying some hard-earned rest.

For me, Spring has marked the beginning of a new era. Since Winter moved out with the last of her icy breath, I've lost 20-some pounds and am on the road to getting in shape. My career path has thrown me a curveball, and I've also taken up golf.

What do all these things have to do with prevention? Simple. Losing weight and getting in shape is something I probably should have been doing years ago. For one reason or another – stress, not having the time, etc. – it just didn't happen. But, it's never too late to make a difference, whether that difference is losing weight, cleaning up issues in your own life, or helping a friend with a problem in their life.

The curveball in my career path? My job was the status quo, and I used to dread not having it to go to. But, I've come to learn that good does come from what could have been a bad situation. It sounds cliché, but it really is all about perspective. Don't lose hope when life gets you down. Something better is probably on the other side. It definitely was for me.

And finally golf. During tonight's lesson, I drove the ball into some pretty deep rough between two trees. It could have been pretty easy to get discouraged, or simply taken the easy way out and taken two strokes around the trees. But, with a little prodding from my instructor, I plodded through, keeping the ball low, and landed a few feet off the green. Bottom line: things are not always as difficult as they seem.

Enjoy your summer, no matter what life has in store for you. And if life throws you a curveball, keep these lessons in mind.

Best wishes,
Patrick Ferrell
OS Board Chair

Impact Your Community is going green! This will be the last issue of *Impact* that will be printed and mailed to recipients. If you wish to continue receiving *Impact* and are not currently on the OS-ITI email mailing list you can sign up by visiting www.os-iti.org and selecting "join mailing list" at the top of the page.





Thoughts From An ITI Participant - Alyssa Brown

What is your favorite part of the ITI Experience?

My favorite part of ITI is the environment. You are in a setting where you aren't judged for believing being drug free is the best way. I love the people that attend ITI. I have yet to meet a mean ITI attendee.

What skills have you learned from attending ITI?

I have learned to be a better leader, how to make my own prevention group (I

am now President of Teens Making a Difference at my High school and the founding mother), and that I'm not alone.

How has the Community Action Planning at ITI been beneficial to you, your school, and/or Community?

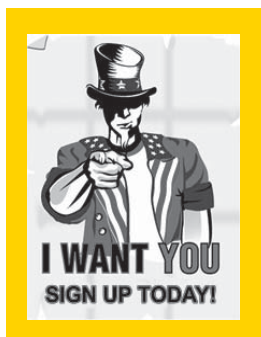
CAT or Community Action Team has helped me really get to know what to do, how to do it, and who to get a hold of, to make my community their own prevention group. I am now part of the

Community Task Force as well and feel that I'm really making a difference.



"We Want You!" Volunteer at ITI 2009

As you know, ITI has a huge impact on the State of Illinois! To continue, we need your help! ITI is almost completely carried out by the assistance of dedi-



icated volunteers! Without volunteer staff to manage and interact with the

youth, ITI would cease to exist. From facilitating discussion groups, to working with teens from your own community on an action plan, to helping behind the scenes in our ITI headquarters, there is a niche for everyone interested in helping! And if you need more motivation, up to 42 Continuing Education Units (CEU) are offered in the following fields; IAODAPCA, Registered Licensed Social Workers and the Illinois State Board of Education.

The application deadline for volunteers is June 2, 2009; however, we will con-

tinue to accept applications until all volunteer positions are filled. The dates of the conference are July 17-23, 2009 (this includes a two-day staff training prior to the conference). A portion of the staff training will be presented by Michael Brandwein, an internationally recognized expert on teaching and leading youth! You can obtain a volunteer application by visiting the Illinois Teen Institute website at www.os-iti.org and clicking on the ITI 2009 link. If you prefer a hard copy, please contact the IADDA office and we can mail one to you! .

MLI Scholarship Providers

The Mid-Level Institute would like to recognize and thank the following scholarship providers for the 2009 Illinois Mid-Level Institute.

- | | |
|--------------------------------------|---|
| Alton High School | Jessie Carter |
| Harold Edwards | Rick Martin |
| Triad Community Unit School Dist. #2 | John Nester |
| John W. Garvy Student Council | Annetta Ross |
| Carol O'Bear | Ladies Auxiliary to the VFW |
| Rodney Miller | Daniel Pletzke |
| Timothy Thompson | Melissa Balma |
| Jill Meseke | Edwardsville District #1 |
| Kyle Klette | Menard County School & Community Task Force |
| Debra Wright | Liberty Middle School |
| A.D. Hancock | Amy Hosford |
| Natalie Lira | |
| Lisa Clark | |





OS Board Spotlight - Jack Irwin

Labas, Dzień Dobry, Привет, Hello,



I am Jack Irwin, I am responsible for the international program of Snowball.

For many years I was a high school

counselor at Kaneland High School, Maple Park, Illinois. I was responsible for

all drug, tobacco, and alcohol issues for the school district. As a result I met the Illinois Teen Institute and Snowball in 1987. Since my retirement in 1993, I have introduced Snowball to Lithuania, Poland, and Belarus. This is my second time on the board.

I truly believe that Snowball is the best program in prevention, helping young and old. In 1994 when we held the first Snowball outside the United States not knowing if it would work in a different culture, a young man at candlelight

sharing said, “ Now we know what a free people can do.” This message can also mean “look what drug free teens can do.” Snowball can roll into any culture and work. So now we have 21 Snowballs in Lithuania, one being Russian speaking, two in Poland and a new program in Belarus.

Congratulations to all the wonderful people who work in Snowball.

OS Board Spotlight - Teri Belgio

I am excited to be a member of the Operation Snowball Board of Directors. My involvement with the Operation Snowball program began when I was a freshman at Naperville North High School. I was immediately captivated with the positive messages and friendships I formed with Operation Snowball and have continued to be an extremely dedicated member. I have been involved with staffing the program both as a teen and as an adult. Recently, I moved from Naperville’s Operation Snowball to Westmont’s Operation Snowball where I am currently enjoy-

ing helping train staff. Snowball has shaped my life in an extremely positive way and I continue to personally benefit from my involvement. I work hard to be a positive role model for others and to teach and live a healthy lifestyle.

I currently work for Belgio’s Catering in Naperville which is a family owned business. We were raised as a family to have strong community involvement and to always contribute back to the community. Snowball has just been another way to pay forward all the mentoring I received from the people in-

involved with the program when I was younger.

In my spare time, I enjoy spending time with my family, friends, and my pug, Kiley. I also love sports and can be found catching Chicago Fire games, watching the Sox, or following a NASCAR race.



Keep the ball rolling... attend the Illinois Teen Institute! Chapters are encouraged to attend ITI for leadership development, skill building, and strategic action planning. Use this opportunity to plan for 2009-2010.

Welcome New OS Board Member - Mike Waxman

Mike Waxman has been appointed as the district 1 Board of Director’s representative. Mike has been a long time volunteer and supporter of Operation Snowball. Welcome Mike!



Support Operation Snowball Through Workplace Giving!

Operation Snowball, Inc. is a member of Community Shares of Illinois (<http://www.cs-il.org/> or link from www.os-iti.org).

Community Shares links people and their passions, connecting caring donors with local organizations that are changing people's lives - and Illinois communities - for the better every day.

Specifically, Community Shares helps raise money for its member organizations through payroll deduction programs with participating employ-

ers. By pledging through Community Shares, employees can direct critically needed dollars to Operation Snowball, Inc. In turn, we will use these dollars to provide training and technical assistance to over 130 chapters.



Currently, Community Shares participates in workplace giving programs at dozens of school districts throughout

Illinois. For a list of school districts and employers that offer Community Shares of Illinois visit:

<http://www.communitysharesillinois.org/nonprofits/index.php?link=3>

If your school/workplace does not currently offer Community Shares as an option, please contact your OS Board of Directors member or Snowball staff, Mary Jo Peavy Davies at 800.252.6301 extension 18 or email mpeavy@iadda.org to find out how to begin giving to Community Shares.

Games Corner - This or That

This is a game that can be used as an icebreaker or for an existing group to get to know each other better. It requires participants to get up and move.



Best of all, no materials are needed, and extensive planning is not necessary.

Procedure: Identify one side of the room as This; the other as That. Instruct participants that they are to "vote with their feet" by moving to either the "This" side or the "That" side. The facilitator should then run down a list of choices (e.g.: Ford Taurus or BMW, Big Mac or Whopper, Salad or Steak, a waterfall or a stream, a grassy meadow or a mountain, chocolate or popcorn). Occasionally, ask participants why they chose either "This" or "That." Questions can also be tailored if one side

of the room tends to have more people than the other. (e.g.: "How does it feel to be the only 'waterfall'?")

Debriefing: Lead a quick discussion on whether it's better to be a This or a That. Challenge participants to question their own stereotypes and identify whether they were surprised where people stood.

Snowball Recognition Awards

In an effort to recognize all of the hard work and dedication that is happening in the local chapters and communities with the Operation Snowball program, Operation Snowball, Inc. and the Board of Directors are accepting nominations for awards. This award program recognizes an outstanding youth and adult leader in Snowball and Snowflake chapters, outstanding young adult, outstanding Snowball and Snowflake chapters,

outstanding support from a community organization/business, outstanding support from a school and outstanding Board of Directors member.

These awards will be announced and presented at local events. Please visit www.os-iti.org for a full list of award criteria and application or call 800/252-6301, extension 18.





Sticky Situation Kicks Off Alcohol Awareness Month Statewide “Sticker Shock Day” to Target Adults who Provide Alcohol to Youth

(Springfield, IL) – Operation Snowball members kicked off “Project Sticker Shock,” a youth-led initiative to change adult attitudes about selling and providing alcohol to minors at over 50 locations throughout Illinois on April 2, 2009. The project is sponsored by Operation Snowball, Inc. and the Don’t Be Sorry public education campaign to bring attention to the issue during Alcohol Awareness Month.

Local youth from individual Operation Snowball chapters are part of a move-



ment of youth statewide working with participating stores to spread “Sticker Shock” waves across Illinois in an effort to reach adults tempted to buy alcohol for youth under 21 who can’t buy it legally themselves. The florescent orange-and-black stickers and decals stand out on multi-packs of alcohol and glass refrigerator doors for all to see, and provide a strong reminder: Providing Alcohol to Minors is Illegal, Unhealthy & Unacceptable!

“This activity sends an important message we can all learn from,” says Mary Jo Peavy Davies, Operation Snowball’s program manager. “One of the unique aspects of this program is the fact that our teens are teaching the adults how to act responsibly.”

Parent Sharon Brown echoes this sentiment. “As a parent, it is comforting to

know we have teens who can educate those parents who tolerate underage drinking in their home,” says Brown, the mother of a teenager. “Too often, parents condone their child’s alcohol use by saying ‘at least they weren’t doing illegal drugs,’ even though underage drinking is illegal.”

This attitude is all too common in today’s society, according to teen Sticker Shock Day participants. “One of the biggest problems I see is older people buying for younger people,” says Kaila Errett, a sophomore at Springfield Southeast High School. “This is one of the main reasons why I think Sticker Shock is such a great program!”

Adds fellow Southeast High student, junior Melissa Randolph: “Prevention is a powerful tool at our school. Anything that keeps teens away from alcohol, and stops people from buying for minors is a good idea.”

Youth leaders statewide and participating retail stores are working together to create a safer, healthier lifestyle by combating the problem of underage drinking. Alcohol has been identified as the number one drug of choice among Illinois youth, and according to local youth, one of the easiest substances to obtain. The Sticker Shock campaign hopes to cause adults to think twice before making it any easier for youth to access alcohol.

Materials for Sticker Shock Day were created through the ILCC’s public education arm—the Don’t Be Sorry program—which is partially funded through a grant from the Illinois Department of Transportation’s Division of Traffic Safety. For more information about this public awareness campaign and to order the FREE Project Sticker Shock materials, please visit www.DontBeSorry.org.

Project Sticker Shock is sponsored by



Morris and Minooka High School Youth give the thumbs up for a Sticker Shock project well done on April 2, 2009 at U.S.A. Liquors in Channahon. Channahon Community Service Officer Dan McDonald (back) is shown, left to right, with Nicole Ellison and Victoria Regalato of Minooka High School, and Katie Yard, Doug Schluntz Ashleigh Lopez, and Jeremy Murphy of Morris High School.

Operation Snowball, Inc. and the Illinois Liquor Control Commission. Operation Snowball, Inc. is a program of the Illinois Alcoholism and Drug Dependence Association and is funded in part by the Illinois Department of Human Services Division of Community Health and Prevention.





SNOWMENTUM

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

June 13, 2009

OS Board of Directors Meeting

Conference Call

Contact Mary Jo Peavy at 800.252.6301 x. 18 or mpeavy@iadda.org

July 19-23, 2009

Illinois Teen Institute

Monmouth College

Monmouth, IL

Contact Shelly Musser at 800.252.6301 x. 16 or smusser@iadda.org

To submit a date please contact IADDA at 800.252.6301, extension 52 or email iadda@iadda.org for consideration.

Welcome IADDA Interns



Dakota Beavers is a recent graduate of the University of Illinois at Urbana-Champaign. She earned a bachelor's

degree in English with a minor in Secondary Education. She hopes to teach middle or high school in the future. For the first eleven years of her life she traveled with

her family--mom, dad, and two sisters--while her dad was in the Air Force. Throughout those years, the family lived in Florida, Japan, North Dakota, and several cities in Illinois. Since graduating, Dakota has moved back to Jacksonville, Illinois where she enjoys spending time with her awesome three-year-old nephew, Wyatt.

Dakota's prevention experience dates back to her freshman year in high school when she was asked to be a part of a group that eventually

came to be known as TeenVIPs (Voices In Prevention). Throughout her high school years, she stayed involved as a leader in that group and eventually became the president. Her work with the local prevention group led her to participate in and staff ITI for three years. The next logical step from ITI was staffing MLI, which she has done three times (and hopes to continue)! She is thrilled for this next step, an internship at IADDA this summer, and intends to make every moment count! Welcome Dakota!

Christopher Joseph Cavazos, (C.J.) was born in Peru, Indiana but lived most of his life in Flora, which is a very small town.

Even though it was a small town he enjoyed it very much because it gave him the chance to become close friends with some people. C.J. played baseball and tennis throughout high school. He enjoys hip hop

music, movies, and just having a good time.

After high school he moved on to Purdue where he is majoring in Law and Society with a minor in Forensics and Psychology. He is a member of the Acacia fraternity and served as the Vice President. He will be graduating in December of 2009. Welcome C.J.!



Social Networking and Prevention



Using **Facebook** Snowball and ITI/MLI 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. Topics such as games/activities, staff training, recruiting, teambuilding, ATOD's, media literacy, community change, and public policy are discussed.

What is social networking? Go to 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! Visit www.os-iti.org and select "social networking."





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

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Policy Analyst: Suzanne McLean

Office Assistant: Laurie Campbell

Interns: Dakota Beavers & C.J. Cavazos

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 all articles or comments to:

Operation Snowball, Inc./Illinois Teen Institute

937 South Second Street • Springfield, IL 62704

800.252.6301 or 217.528.7335

www.os-iti.org

Stay Informed With E-Mail Updates

Snowball and ITI/MLI updates and other prevention alerts including campaigns/initiatives, facts, statistics and general alcohol, tobacco, and other drug prevention information are emailed to mailing list members. 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. Join the OS-ITI network by visiting www.os-iti.org and select the link "join mailing list" or contact Mary Jo Peavy Davies at 800.252.6301, x. 18 or mpeavy@iadda.org for assistance.



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Operation Snowball, Inc. Board of Directors: Patrick Ferrell, Chair; Charla Waxman, Past Chair; Spike Grossheusch, Vice Chair; Alissa LaRose, Secretary; Rob Grupe, Treasurer; Emma Trevor and Jeff Weishaar, Youth Advocates; Teri Belgio, Melissa Byrne, Megan Edmondson, Jack Irwin, Dan O'Reilly, Charles Patton, Linda Pfeifer and Ande Suddeth, Board Members.

Funded in part by the Illinois Department of Human Services.

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