



**ACTION
PLAN**

SUBSTANCE ABUSE



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Substance Abuse

Substance abuse is the harmful or hazardous use of psychoactive substances, including tobacco, alcohol and drugs. Substance abuse can lead to addiction, and numerous health, social, and mental concerns. Consequences to a person's health can include cardiovascular disease, cancer, unintentional injuries, and sexually transmitted disease. In addition to poor health outcomes and premature death, addiction can cause self-destructive behavior. Individuals who engage in substance use and abuse are more prone to engage in risky behaviors, which can result in injury, sexually transmitted disease, and overdose. Among youth, alcohol and drug use can result in social and developmental problems, which can impact the quality of life during adulthood.

The prevention and treatment of substance abuse is a priority area in the Illinois State Health Improvement Plan, and 2018 measures include reducing youth illicit drug abuse and decreasing marijuana use among youth.

Why is this issue important in DuPage County?

Data from the community assessment revealed that substance abuse is very prevalent in DuPage County, and that community members as well as leaders perceive it as a top concern.

Community Profile

Marijuana

- In 2014, 15 percent of 10th grade students and 24 percent of 12th grade students used marijuana within the past month.¹

Heroin

- Between 2011-2014, 66 percent of emergency department visits due to heroin use occurred in the 18-29 age group.²

Alcohol

- In 2013, 25.8% of DuPage County adults met the criteria for binge drinking.³
- In 2014, 45% of DuPage County high school students used alcohol during the past 30 days.¹

Tobacco

- In 2014, 18 percent of DuPage County 12th graders reported using tobacco products other than cigarettes in the past month, which is below the Healthy People 2020 target of 21 percent.¹
- In 2013, 12.5 percent of adults were current smokers, which is below the Healthy People 2020 target of 12 percent.³

¹ Illinois Youth Survey (2014).

² Electronic Surveillance System for the Early Notification of Community-Based Epidemics (ESSENCE). 1/1/2011 through 6/30/2014.

³ Illinois Department of Public Health. Illinois Behavioral Risk Factor Surveillance System. Illinois Center for Health Statistics, 2013. Unpublished Data.



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Landscape Review: Community Survey

- When asked “What do you think are the three most important health concerns in DuPage County?” 41% of respondents selected alcohol/drug abuse.
- When asked “What are the top three risky behaviors in DuPage County?” 70% selected alcohol/drug abuse and 24% selected tobacco use/smoking.
- When asked “Where should the community focus its attention to make things better in DuPage County?” 18% selected access to alcohol/drug abuse treatment.

Forces of Change: Trends, Factors, and Events that Affect Our Community

- Dependence on pain medications are threats as a result of misuse of prescription medication and lack of safe prescribing practices. There are opportunities for continued education of both the medical community and the public.
- Some laws have resulted in a stigma and criminalization of mental health and substance abuse. Opportunities include working with mental health courts and reviewing laws for effective treatment.

Local System Assessment: Strengths, Weaknesses, and Opportunities of the Local System

- Strengths:
 - A broad range of organizations (hospitals, schools, YMCAs, food pantries) provide education to the community.
 - Education on compliance is done, in addition to regulatory enforcement of local ordinances, such as those related to restaurants.
- Weaknesses:
 - Groups are working in silos, causing duplicative efforts.
 - There is not much involvement in the legislative process from stakeholders, front line service providers, or those being served.
 - Sharing results of research with the community does not always occur.
 - There is a gap between what is taught in schools and what is needed in the workforce.
- Opportunities:
 - Engage community leaders and elected officials from target communities.
 - Coordinate services and resources by creating a central directory.
 - Improve partnerships across organizations and sectors in order to have a greater impact on policy development.
 - Involve other sectors in evaluation processes and improve interaction between each system partner conducting evaluations.



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Taking Action: How do we strengthen prevention and treatment of substance abuse issues for residents of DuPage County?

The development of the Substance Abuse action plan was led by the Prevention Leadership Team (PLT), a community coalition working within DuPage County to reduce youth substance use and increase mental wellness. The PLT was formed in 2011 and is currently funded through a five year Drug Free Communities (DFC) grant.

The Substance Abuse action plan was developed after data was gathered, analyzed, and discussed by coalition members during a full day strategic planning meeting led by two trainers from Community Anti-Drug Coalitions of America (CADCA) in September 2015. The PLT’s Data Committee developed and reviewed objectives, while the Executive Committee finalized the plan. Considering the changing landscape that is affecting youth perceptions regarding risk and that the use of several substances has been on the rise, committee members agreed that in some circumstances, aiming for a modest decline would indicate success in reversing an upward trend.

The PLT will be leading the implementation of the 2016-2018 Substance Abuse action plan.

The PLT Action Plan addresses prevention of youth alcohol use, marijuana use, and opioid misuse. Strategies include:

- Civil style social host ordinances
- Evidence-based mass media campaign targeting parents, regarding alcohol supply to youth
- Assess and support prevention activities in schools
- Safe prescribing education to the medical community
- Promote prescription drug disposal programs

Member List

As of November 2015, members of the Prevention Leadership Team include:

Coalition Member	Title	Organization
Diane Addante	President	General Federation of Women's Clubs
Angela Adkins	Executive Director	NAMI DuPage
Kris Adzia	Project Manager	Robert Crown Center
Ann Marie Andexler	External Affairs Coordinator	Northwestern Medicine
Nansi Angelopoulos	Mental Health Clinical Consultant	DuPage Public Defenders Office
Beth Bormann	Clinical Professional Faculty	Benedictine University
Wayne Bormann	Student	Gloria Dei Church
Marjory Lewe-Brady	Director of Partnerships	WeGo Together for Kids
Jill Braselton	Community Education Specialist	Northwestern Medicine
Kathleen Burke	President	Strategic Prevention
Nicole Cameron	Director	Wheaton/Warrenville ECC
Lori Carnahan	Asst Dir. of Community Center Services	DuPage County Health Department
Mary Cappuzzo	Family Support Specialist	Teen Parent Connection
Jordan Esser	Community Initiatives Coordinator	DuPage County Health Department



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Filiz Gunay	Director of Mental Health	DuPage County Health Department
Dr. Joseph Gust	Assistant Regional Superintendent	DuPage Regional Office of Education
Shannon Hartnett	Coordinator	Juvenile Justice Council
Kristin Hartsaw	Training Program Asst.	DuPage Federation
Melissa Hill	Director of Public Affairs	Jewel-Osco
Nusrat Jahan	Student	Benedictine University
Karen Jarczyk	Prevention Director	360 Youth Services
Andy Johnson	Chief of Police	Hanover Park
Dr. Jeff Johnson	Physician	Northwestern Medicine
Annie Jones	Behavioral Interventionist	DuPage Regional Office of Education
Lisa Labiak	President	Serenity House
Eileen Lacy	Sargent	National Guard
Katherine Leibforth	Director of Communications	Robert Crown Center
Kim Lutz	Parent	West Nation
Gerry McIntyre	Detective	Winfield PD
Justine Mondragon	Parent	N/A
Mike Moran	Executive Director	Breaking Free
Rabia Mukhtar	Division Support Assistant	DuPage County Health Department
Jean Muno	Registered Nurse	Northwestern Medicine
Derek Murphy	Parent Coordinator	Illinois Liquor Commission
John Parquette	Director	Hanover Township
Doug Petit	Parent	Parents and Teen Together
Linda Pfeifer	Program Manager	Northeast DuPage Family and Youth Services
Mark Piccoli	Director	DuPage Metropolitan Enforcement Group
Karin Podolski	Director	Northwestern Medicine
Tammy Pressley	Director	Northwestern Medicine
Cathy Rager	Prevention Specialist	Downers Grove Township
Lenny Rivota	Project Director	Addison Early Childhood Collaborative
Mark Robinson	Health Educator	Robert Crown Center
Gilda Ross	Vice Chair	Glenbard High Schools
Elise Schram	Project Coordinator	Wheaton/Warrenville ECC
Karen Sharp	Director of Advancement	Samaritan Interfaith
Aaron Shoppa	Youth Minister	Gloria Dei Church
Pam Seubold	School Nurse	Naperville North
Liz Seybold	Clinical Care Manager	Mariano's Pharmacy
Sarah Smith	Coordinator of Partnerships	WeGo Together for Kids
Barb Sorgatz	Regional Consultant	Illinois Department of Human Services
Michael Thompson	Prevention Education Specialist	Outreach Community Center
Mila Tsagalis	Director of Community Initiatives	DuPage County Health Department
Carlene Wold	Probation Officer	DuPage Probation Office
Christine Wulbecker	Community Engagement Coordinator	Teen Parent Connection

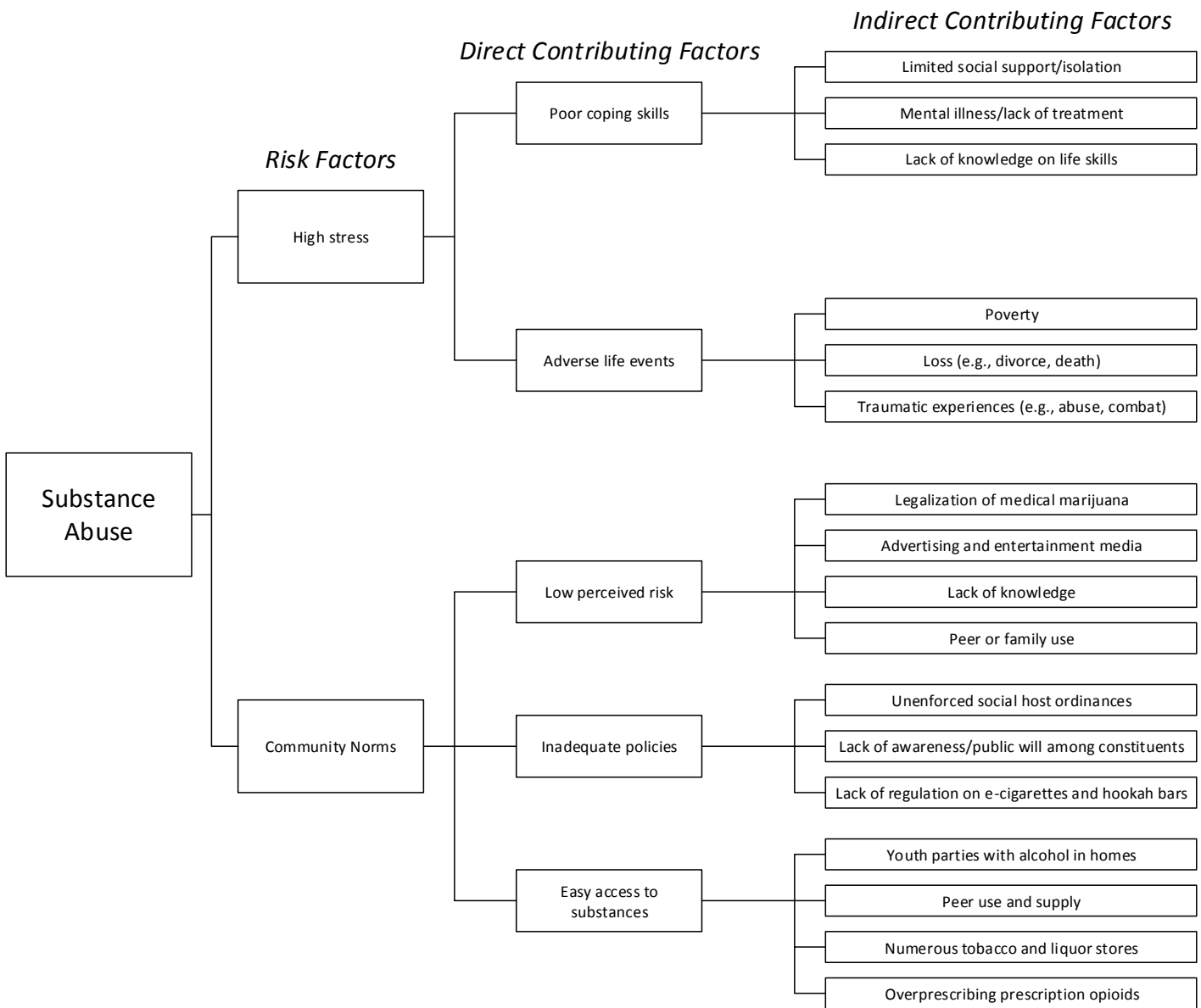


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Healthy People 2020 Objectives

Many of the objectives outlined by the PLT to address Substance Abuse align with Healthy People 2020 objectives. The Healthy People 2020 objectives that directly align with the PLT’s objectives are highlighted throughout the action plan below.

Priority Issue Analysis





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Alcohol

Outcome Objective 1: Reduce 30 Days Use of Alcohol

By December 31, 2018, reduce past 30 day use of alcohol by DuPage County 12th graders by 13.5% as reported by the Illinois Youth Survey.

Baseline 2014: 45% of 12th graders had used alcohol in the past 30 days.

Target 2018: 39% of 12th graders have used alcohol in the past 30 days.

Impact Objective 1.1

By December 31, 2016, increase the number of DuPage County municipalities that have adopted a civil style social host ordinance from 6 to 10 as reported by the self-reported survey tool.

Strategies

- Provide technical assistance for DuPage County police departments on how to develop a social host ordinance.
- Develop a social host ordinance template for municipalities to adopt.
- Recognize municipalities who have adopted social host ordinances.
- Conduct focus groups/survey with parents to identify attitudes and barriers to support environmental factors associated with social host ordinances.

Impact Objective 1.2

By December 31, 2018, decrease the amount of DuPage County 12th graders who report obtaining alcohol from parent supply WITH parent permission by 12% as reported by the Illinois Youth Survey.

Baseline 2014: 34% of DuPage County 12th graders who used alcohol report obtaining alcohol from parent supply WITH parent permission.

Target 2018: 30% of DuPage County 12th graders who used alcohol report obtaining alcohol from parent supply WITH parent permission.

Strategies

- Implement evidence-based mass media campaign targeting parents.
- Co-sponsor at least four youth substance abuse prevention events or activities.

Outcome Objective 2: Delay Age of Onset of Alcohol Use

By December 31, 2018, delay age of onset of alcohol use by DuPage County youth to 15.2 years of age as measured by the Illinois Youth Survey.

Baseline 2014: 14.9 was the average age of onset for youth alcohol use among 12th graders.

Target 2018: 15.2 is the average age of onset for youth alcohol use among 12th graders.



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Impact Objective 2.1

By December 31, 2018, increase the percent of 12th graders who perceive there is moderate or great risk in binge drinking by 4%.

Baseline 2014: 81% of 12th graders perceived there is moderate or great risk in binge drinking.

Target 2018: 84% of 12th graders will perceive there is moderate or great risk in binge drinking.

Healthy People 2020 Objective:

SA-4.1- Increase the proportion of adolescents aged 12 to 17 years perceiving great risk associated with substance abuse—Consuming five or more alcoholic drinks at a single occasion once or twice a week.

Baseline: 40.0 percent of adolescents aged 12 to 17 years reported that they perceived great risk associated with consuming five or more alcoholic drinks at a single occasion once or twice a week in 2008

Target: 44.0 percent

Strategies

- Utilize assessment tool to determine school policies, programming, and messaging in DuPage County schools. Prioritize schools requiring greatest need for prevention activities.
- Coordinate resources to support schools with a high need for prevention activities.
- Use findings from the alcohol literature review to develop a mass media campaign using at least three communication methods to reach teenagers.

Marijuana

Outcome Objective 3: Reduce 30 Days Use of Marijuana

By December 31, 2018, reduce past 30 day use of marijuana by DuPage County 12th graders by 2% as reported by the Illinois Youth Survey.

Baseline 2014: 24% of 12th graders had used marijuana in the past 30 days.

Target 2018: 23.5% of 12th graders have used marijuana in the past 30 days.

Healthy People 2020 Objective:

SA-13.2- Reduce the proportion of adolescents reporting use of marijuana during the past 30 days.

Baseline: 6.7 percent of adolescents aged 12 to 17 years reported use of marijuana during the past 30 days in 2008

Target: 6.0 percent

Impact Objective 3.1

By December 31, 2018, increase the percent of 12th graders that perceive their friends would feel it is very wrong or wrong if they smoked marijuana by 5%.

Baseline 2014: 41% of 12th graders perceived their friends would feel it is very wrong or wrong if they smoked marijuana.

Target 2018: 43% of 12th graders will perceive their friends would feel it is very wrong or wrong if they smoked marijuana.



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Strategies

- Utilize assessment tool to determine school policies, programming, and messaging in DuPage County schools. Prioritize schools requiring greatest need for prevention activities.
- Coordinate resources to support schools with a high need for prevention activities.
- Develop mass media messaging tailored to youth regarding peer perceptions of marijuana use.

Outcome Objective 4: Delay Age of Onset of Marijuana Use

By December 31, 2018, delay age of onset of marijuana use by DuPage County youth to 15.3 years of age as measured by the Illinois Youth Survey.

Baseline 2014: 15.1 is the average age of onset for youth marijuana use.

Target 2018: 15.3 is the average age of onset for youth marijuana use.

Impact Objective 4.1

By December 31, 2018, increase the percent of 12th graders that perceive there is a moderate or great risk in smoking marijuana once or twice a week by 4.5%.

Baseline 2014: 48% of 12th graders perceived there is moderate or great risk in smoking marijuana once or twice a week.

Target 2018: 50% of 12th graders perceived there is moderate or great risk in smoking marijuana once or twice a week.

Healthy People 2020 Objective:

SA-4.2- Increase the proportion of adolescents aged 12 to 17 years perceiving great risk associated with substance abuse – smoking marijuana once per month.

Baseline: 33.4 percent of adolescents aged 12 to 17 years reported that they perceived great risk associated with smoking marijuana once per month in 2008

Target: 36.7 percent

Strategies

- Utilize assessment tool to determine school policies, programming, and messaging in DuPage County schools. Prioritize schools requiring greatest need for prevention activities.
- Coordinate resources to support schools with a high need for prevention activities.
- Establish partnerships with medical marijuana dispensaries in DuPage County and assist in developing dispensaries' prevention plans.

Prescription/Opioid Misuse

Outcome Objective 5: Increase Perception of Harm

By December 31, 2018, increase the percent of 12th graders that think there is a moderate or great risk in using prescription drugs not prescribed to them by 2%, as reported by the Illinois Youth Survey.

Baseline 2014: 91% of 12th graders believed there was a moderate or great risk in using prescription drugs not prescribed to them.

Target 2018: 93% percent of 12th graders will believe there is a moderate or great risk in using prescription drugs not prescribed to them.



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Impact Objective 5.1

By September 29, 2016, hold a safe prescriber education campaign targeting 200 prescribing professionals in DuPage County to reduce access to prescription pills leading to opioid abuse.

Strategies

- Establish partnerships with the medical community.
- Increase medical community education about safe prescribing habits for opioids.

Impact Objective 5.2

By September 29, 2016, launch heroin prevention awareness campaign reaching 20,000 DuPage County residents that includes increasing awareness about prescription drug disposal programs and the 911 Good Samaritan Law.

Strategies

- Promote opioid/heroin use prevention media campaign.

Outcome Objective 6: Decrease Perception of Ease of Access

By December 31, 2018, decrease the percent of 12th graders that perceive it is sort of or very easy to access prescription drugs not prescribed to them by 5.5%, as reported by the Illinois Youth Survey.

Baseline 2014: 37% percent of 12th graders perceived it was sort of or very easy to access prescription drugs not prescribed to them.

Target 2018: 35% of 12th graders will perceive that it is sort of or very easy to access prescription drugs not prescribed to them.

Impact Objective 6.1

By September 29, 2016, increase the total amount of medications collected by the DuPage County RxBOX program by 2%, as reported by DCHD Environmental Health Services staff.

Baseline 2015: 12,163 pounds of Rx drugs were collected by the DCDH RxBox program in 2015

Target 2016: 12,406 pounds of Rx drugs will be collected by the DCHD RxBox Program in 2016

Strategies

- Link communities to prescription drug disposal programs in their area and post information on partner agency websites and the PLT’s social media accounts.



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Assets and Resources

Sector Involvement

One of the Prevention Leadership Team’s largest assets is its participation from various sectors. As of November 2015, the PLT has representation from the following sectors.

- Civic
- Faith-based/Fraternal
- Healthcare Professionals
- Youth-Serving Organizations
- Parents
- Business
- Media
- Schools
- Law Enforcement
- Government
- Other organizations involved in reducing substance abuse

RxBOX

The PLT promotes the use of RxBOX, a county-wide initiative to reduce the amount of unused and expired medications in households by disposing of them in a way that is safest for the environment. As of November 2015, the following were participating RXBOX locations:

- Addison Police Department, 3 Friendship Plaza, Addison, IL 60101
- Bloomingdale Police Department, 201 S. Bloomingdale Road, Bloomingdale, IL 60108
- Burr Ridge Village Hall, 7660 S. County Line Rd # 1, Burr Ridge, IL 60527
- Carol Stream Police Department, 500 N. Gary Avenue, Carol Stream, IL 60188
- Clarendon Hills Police Department, 448 Park Avenue, Clarendon Hills, IL 60514
- DuPage County Sheriff, 501 N. County Farm Road, Wheaton, IL 60187
- Glendale Heights Police Department, 300 Civic Plaza, Glendale Heights, IL 60139
- Glen Ellyn Police Department, 535 Duane Street, Glen Ellyn, IL 60137
- Hanover Park Police Department, 2011 W. Lake Street, Hanover Park, IL 60133
- Lisle Police Department, 5040 Lincoln Avenue, Lisle, IL 60532
- Schaumburg Police Department, 1000 W. Schaumburg Road, Schaumburg, IL 60194
- Wood Dale Police Department, 404 N. Wood Dale Road, Wood Dale, IL 60191

Funding

The Prevention Leadership Team will carry out the implementation of the action plan through \$750,000 in funding between October 1, 2015-September 30, 2018. This funding includes federal funding provided by the Drug Free Communities grant as well as a match from the coalition.

Created January 2016
Revised February 19, 2016