



Presented by:

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GLATTC

Healthy Families, Healthy Communities:

It's All About Recovery!

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TASO

LOVE

RESPECT

and

DIGNITY

HOPE

CHARLIE

DOES GOD KNOW _____?

Illinois Youth Survey 2012 State Report

The Landscape of Substance Abuse Use Among Illinois Youth

“Some Key Results”

Alcohol is the drug of choice among Illinois youth

- One out of three 8th graders report using alcohol in the past year
- 12th grade, about two out of three report use in the past year
- Female adolescents are more likely than their male counterparts to report alcohol use

Marijuana ranks number two among all reported grade levels

- White youth are least likely to report using marijuana compared to youth of other races in Illinois
- White youth more likely to use prescription drugs and heroin

EARLY ONSET ISSUES

- Among those who have ever used one or more of the gateway drugs, first use is between ages 14 and 15
- Among 12th graders who have used alcohol during their lifetime, 38.8% first used before the age of 15

Concerning Observations and Trends to Watch

- More 10th grade youth are driving after using marijuana or other illegal drugs
 - 8.5% in 2010 vs 10.9% in 2012
- At all grade levels, attitudes toward marijuana are increasingly favorable

SENATOR KIRK DILLARD TARGETING HEROIN EPIDEMIC

“A recent study by Roosevelt University found that Chicago has the worst heroin problem in the country, and we continue to see evidence that epidemic has spread to the suburbs,” said Dillard. The Senator noted that recent numbers show heroin-related hospital admissions in Chicago are up by 200 percent in the suburbs. In DuPage County, there has been a 48-percent increase in heroin deaths since 2008.

“Mostly adolescents and young adults”

Substance Use Disorders

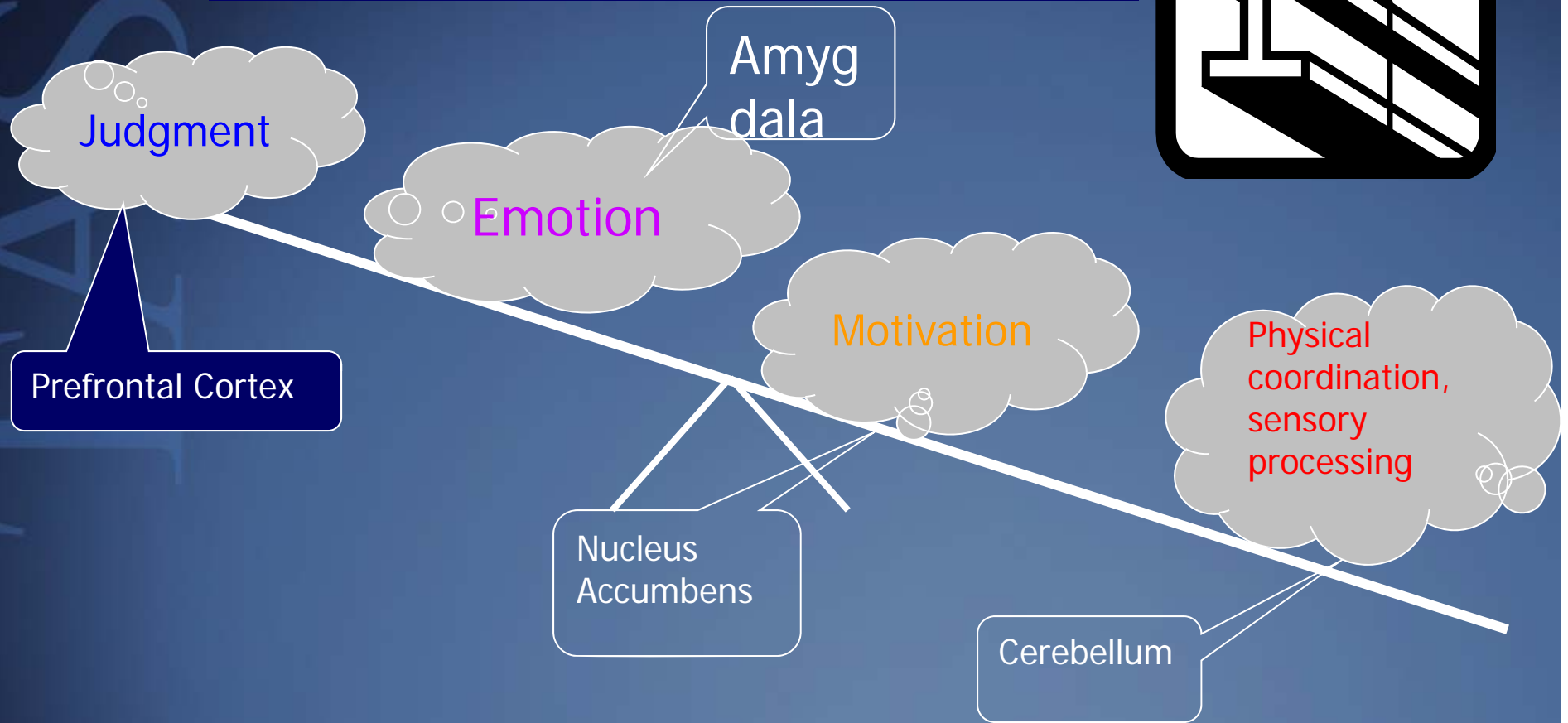
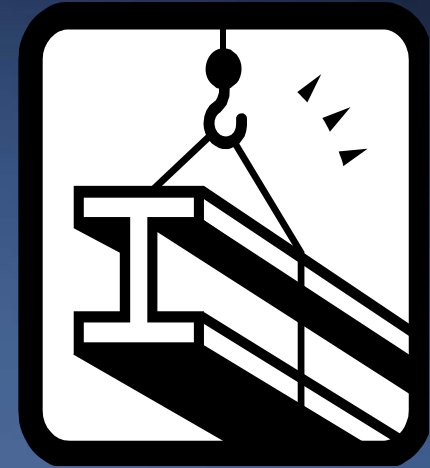
- Use to feel good
- Use to feel normal
- Use to avoid feeling sick
- Use to feel as if “I belong”
- Use to feel as if “I measure up”
- Use because it’s cool & everybody else does it

Recovery

- Don’t use to feel good
- Don’t use to feel normal
- Don’t use to avoid feeling sick
- Don’t use to feel as if “I belong”
- Don’t use to feel as if “I measure up”
- Don’t use because it’s cool & everybody else does it

Construction Ahead

Maturation starts at the back of the brain ...
and moves to the front



Notice: **Judgment** is last to develop!

GET BOYS TO 25

GET GIRLS TO 22

Prevention Programs Should ... Enhance Protective Factors

- Strong family bonds
- Parental monitoring
- Parental involvement
- Success in school performance
- Prosocial institutions (e.g. such as family, school and religious organizations)
- Conventional norms about drug use



Red Pencil Mentality

Praise loudly ... discipline quietly

Characteristics of Strong Healthy Families



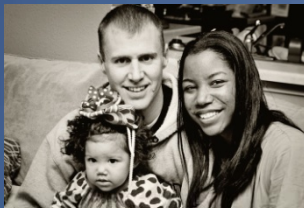
Commitment to recovery
Appreciation of recovery
Good communication patterns
Desire to spend time together

Ability to deal with stress & crisis in a positive manner

Resilience

Self-efficacy

Spiritual well being



***What adolescents need
for healthy development and
recovery has not changed
in 35 years.***

What Adolescents Need...

- To be successful, valued & appreciated
- Structured family activities
- Consistency in routine & environment
- Encouraged to take “healthy risks”
- Accurate information

What Adolescents Need...

- Clear limits
- Respectful discipline & guidance
- Positive role models, mentors and sponsors
- Permission to fail & “keep trying”
- Opportunities to laugh & smile

What Adolescents Need...

- Healthy communication parents and family members
- Support “No Matter What”
- To be trusted
- Genuine commitment from parents, guardians and sponsors
- Positive peer culture & influence

What Adolescents Need...

- To be encouraged to be responsible & accountable
- Safe from harm
- To be touched in kind, loving & appropriate ways
- To be respected and dignified
- To be loved
- A HIGHER POWER & HOPE

Derrick Redmond Barcelona 1992 Olympics

Don't Give Up – Never Give Up!



Fall seven
times, stand
up eight. *~Japanese proverb*

REFERENCES

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2. Illinois Youth Survey 2012 State Report
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5. “Prevention Programs Should Reduce Factors” – NIDA
6. “What Adolescents Need” – Peter Palanca
7. Derrick Redmond Barcelona 1992 Olympics – You Tube Video
8. Characteristics of Strong Healthy Families – Catherine Shafer