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).
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.
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:

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

Risk Factors

**Substance Abuse**
- High stress
- Adverse life events
- Poor coping skills
- Low perceived risk
- Easy access to substances
- Inadequate policies
- Community Norms
- Legalization of medical marijuana
- Advertising and entertainment media
- Lack of knowledge
- Lack of knowledge on life skills
- Traumatic experiences (e.g., abuse, combat)
- Unenforced social host ordinances
- Lack of awareness/public will among constituents
- Lack of regulation on e-cigarettes and hookah bars
- Youth parties with alcohol in homes
- Peer use and supply
- Numerous tobacco and liquor stores
- Overprescribing prescription opioids
- Limited social support/isolation
- Mental illness/lack of treatment
- Lack of knowledge on life skills
- Poverty
- Loss (e.g., divorce, death)
- Traumatic experiences (e.g., abuse, combat)
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.
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.

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.

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.

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.
- 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.

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.
ACTION PLAN

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.
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.