



# LIBERTYVILLE AREA RESOURCE GUIDE

**LOCAL RESOURCES, PARENT TIPS, AND  
COMMUNITY STRATEGIES TO ADDRESS  
SUBSTANCE USE IN LIBERTYVILLE.**

# LIBERTYVILLE CONNECT COALITION

The Libertyville Connect Coalition (Connect) is a community coalition dedicated to positively impacting the health of our youth. Established in January of 2017, Connect is comprised of local stakeholders including representatives from Advocate Condell Medical Center, community parents and grandparents, Lake County Health Department, Libertyville High School (LHS) and Highland Middle School (HMS) staff and students, Libertyville Police Department, Libertyville Township, and Youth and Family Counseling.

**Libertyville Connect educates and engages the community to advocate for healthy and substance-free choices among our youth.**

For additional information about Libertyville Connect Coalition, visit [www.libertyvilleconnect.com](http://www.libertyvilleconnect.com)

## USING THIS RESOURCE GUIDE

The information contained within this guidebook is not intended to be a substitute for seeking help or advice from a mental health, substance abuse, medical or legal professional. You should confer with and seek the advice of the appropriate professional regarding your own well-being or the well-being of another. Information and graphics are for educational purposes only and should not be considered complete.

# HEALTH & BEHAVIORS OF LIBERTYVILLE YOUTH

The Illinois Youth Survey (IYS) is a self-report survey administered in school settings and is designed to gather information about a variety of health and social indicators including substance use patterns and attitudes of Illinois youth. The Illinois Department of Human Services (IDHS) has funded the administration of the IYS biennially since 1990.

## THE IYS HAS TWO MAIN GOALS:

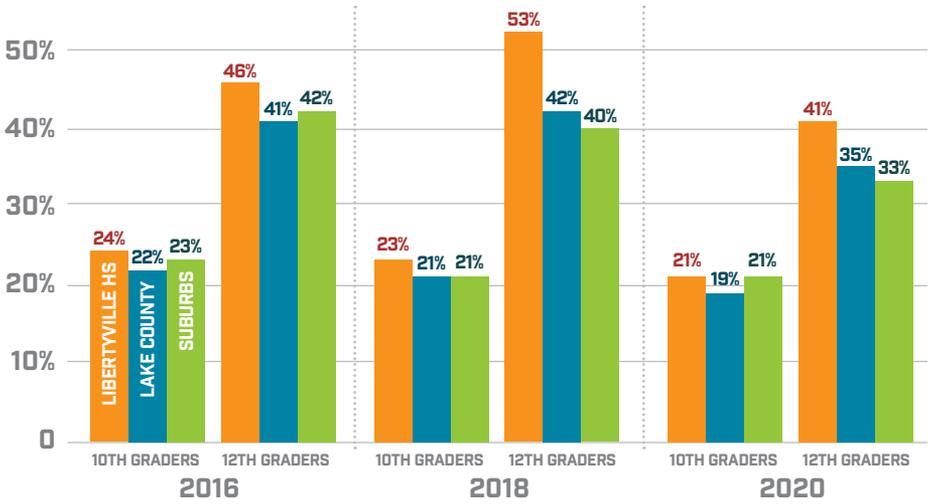
- To supply local data to schools and school districts throughout Illinois. During state-funded survey years (e.g., 2018, 2020, etc.), the survey is available to all eligible public and private schools in the state at no cost. Each participating school is eligible to receive a report specific to their own students' responses. These local reports provide critical information to school administrators, prevention professionals, and community members as they work to address substance abuse issues in their communities.
- To provide a scientific estimate of health and social indicators for the state of Illinois. The scientific estimate is based on drawing a random sample to represent the state population of 8th, 10th, and 12th graders in Illinois public schools.

**SOURCE** <https://iys.cprd.illinois.edu/about>

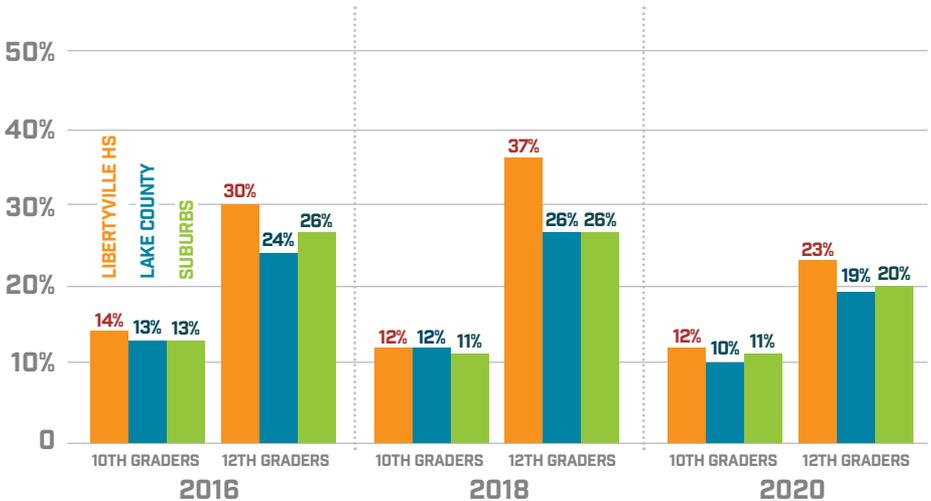
SO, WHAT'S HAPPENING IN  
**LIBERTYVILLE?**



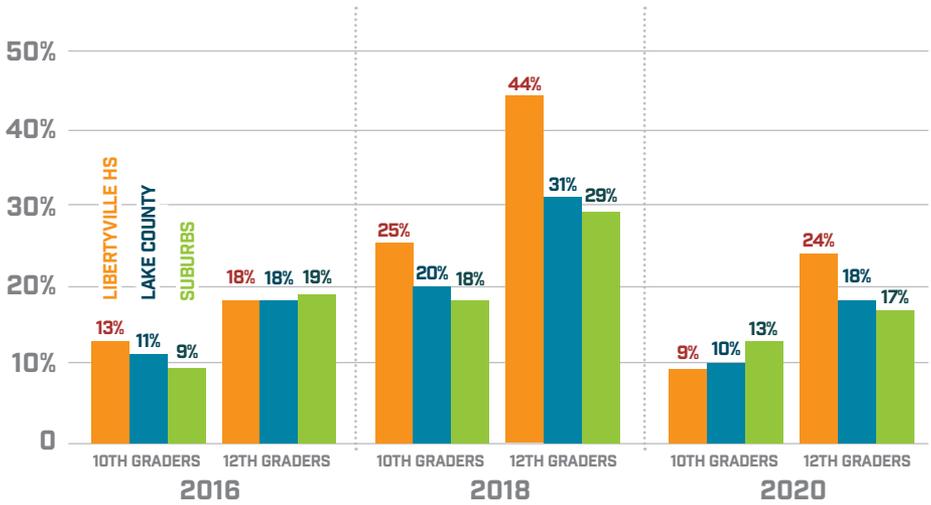
# PAST 30-DAY YOUTH ALCOHOL USE



# PAST 30-DAY YOUTH MARIJUANA USE



# PAST 30-DAY YOUTH VAPING PRODUCT USE



Data provided is from the Libertyville High School Illinois Youth Survey in 2016 (10th N = 461, 12th N = 418), 2018 (10th N = 416, 12th N = 409) and 2020 (10th N = 415, 12th N = 349). It is compared to data from Lake County and Suburban Chicago Counties. Suburban Chicago Counties include Suburban Cook, DeKalb, Grundy, Kane, Kendall, Lake and Will counties. The data reflects past 30-day use which is an indicator of consistent and regular use of substances by youth.

**SOURCES** 2016, 2018, and 2020 Libertyville High School Illinois Youth Survey Report  
 2016, 2018, and 2020 Lake County Illinois Youth Survey Report  
 2016, 2018, and 2020 Suburban Chicago Counties Illinois Youth Survey Report

TALKING WITH YOUR KIDS

# 10 TIPS FOR PARENTS

---

- 1 Discuss the risks associated with drug and alcohol use.
- 2 Talk with your children about your values regarding drug and alcohol use and establish clear no use rules.
- 3 Keep track of alcohol in your home and make sure teens can't access it.
- 4 Keep prescription drugs locked or hidden from children or teens. Dispose of unused or expired drugs.\*
- 5 Connect with other families to keep our teens safe.
- 6 Model appropriate behavior.
- 7 Establish safety mechanisms if your child is in an unsafe situation.
- 8 Praise your children for the positive choices and things they do.
- 9 Try to eat meals together as a family as much as possible.
- 10 Stay aware of your children's grades, activities, and friendships.

\* [www.drugfreelakecounty.org](http://www.drugfreelakecounty.org)

# TALKING WITH YOUR PRESCHOOLER

2-4  
YEARS OLD



- Explain the importance of taking good care of our bodies – eating right, exercising and getting a good night's sleep. Discuss how good you feel when you take care of yourself — how you can run, jump, play and work for many hours.
- Celebrate your child's decision-making skills. Whenever possible, let your child choose what to wear. Even if the clothes don't quite match, you are reinforcing your child's ability to make decisions.
- Turn chores like brushing teeth, putting away toys, wiping up spills, and caring for pets into fun experiences that your child will enjoy. Break the activities down into manageable steps so that your child learns to develop plans.
- Help your child steer clear of dangerous substances that exist in her immediate world. Point out poisonous and harmful chemicals commonly found in homes, such as bleach, kitchen cleansers and furniture polish. Explain that she should only eat or smell food or a medicine from a doctor that you, a relative or other known caregiver give to her. Also, explain that drugs from the doctor help the person the doctor gives them to but that they can harm someone else.
- Help your child understand the difference between make-believe and real life. Ask your child what he thinks about a TV program or story. Let your child know about your likes and dislikes. Discuss how violence or bad decisions can hurt people.
- Turn frustration into a learning opportunity. If a tower of blocks keeps collapsing during a play session, work with your child to find possible solutions to the problem.

# TALKING WITH YOUR YOUNG CHILD

5-8  
YEARS OLD

- Talk to your kids about the drug-related messages they receive through advertisements, the news media and entertainment sources. Ask your kids how they feel about the things they've heard — you'll learn a great deal about what they're thinking.
- Keep your discussions about substances focused on the present — long-term consequences are too distant to have any meaning. Talk about the differences between the medicinal uses and illegal uses of drugs, and how drugs can negatively impact the families and friends of people who use them.
- Set clear rules and explain the reasons for your rules. If you use tobacco or alcohol, be mindful of the message you are sending to your children.
- Work on problem solving: Help them find long-lasting solutions to homework trouble, a fight with a friend, or in dealing with a bully. Be sure to point out that quick fixes are not long-term solutions.
- Give your kids the power to escape from situations that make them feel bad. Make sure they know that they shouldn't stay in a place that makes them feel uncomfortable or bad about themselves. Also let them know that they don't need to stick with friends who don't support them.
- Get to know your child's friends — and their friends' parents. Check in occasionally to make sure they are giving their children the same kinds of messages you give your children.



# TALKING WITH YOUR PRETEEN

9-12  
YEARS OLD

- Make sure your child knows your rules — and that you'll enforce the consequences if rules are broken. Research shows that kids are less likely to use nicotine products (cigarettes and Juuling) alcohol, and other drugs if their parents have established a pattern of setting clear rules and consequences for breaking those rules.
- Kids who don't know what to say when someone offers them drugs are more likely to give in to peer pressure. Let her know that she can always use you as an excuse and say: "No, my mom [or dad, aunt, etc.] will kill me if I vape."
- Feelings of insecurity, doubt and pressure may creep in during puberty. Offset those feelings with a lot of positive comments about who he is as an individual — and not just when he brings home an A.
- Preteens aren't concerned with future problems that might result from experimentation with nicotine products, alcohol or other drugs. Tie their use to something that will impact in their life now (ex: acne increases with substance use)
- Get to know your child's friends — and their friends' parents. Check in by phone or a visit occasionally to make sure they are on the same page with prohibiting drug or alcohol use, particularly when their home is to be used for a party or sleepover.
- Help children separate reality from fantasy. Watch TV and movies with them and ask lots of questions to reinforce the distinction between the two. Remember to include advertising in your discussions, as those messages are especially powerful.

# TALKING WITH YOUR TEENAGER

13-18  
YEARS OLD

- 
- Make sure your teen knows your rules and the consequences for breaking those rules — and, most importantly, that you really will enforce those consequences if the rules are broken. Research shows that kids are less likely to use nicotine products, alcohol and other drugs if their parents have established a pattern of setting clear rules and consequences for breaking those rules. Kids who are not regularly monitored by their parents are four times more likely to use drugs.
  - Make it clear that you disapprove of all alcohol, nicotine products and drug use. As teens are extremely concerned with their physical appearance, remind your teen about the negative effects alcohol, nicotine products and other drugs have on physical appearance.
  - Let your teen in on all the things you find wonderful about him. He needs to hear a lot of positive comments about his life and who he is as an individual — and not just when he makes the basketball team or does well on a test. Positive reinforcement can go a long way in preventing drug use among teens.
  - Show interest in and discuss your child's daily ups and downs. You'll earn your child's trust, learn how to talk to each other, and won't take your child by surprise when you voice a strong point of view about drugs.
  - Don't just leave your child's anti-drug education up to her school. Ask your teen what she's learned about drugs in school and then build on that with additional topics, such as how and why chemical dependence occurs; the unpredictable nature of dependency and how it varies from person to person; the impact of drug use on maintaining a healthy lifestyle; or positive approaches to stress reduction.
  - Encourage your teen to volunteer somewhere that he can see the impact of drugs on your community. Teenagers tend to be idealistic and enjoy hearing about ways they can help make an impact. Help your teen research volunteer opportunities at local homeless shelters, hospitals or victim services centers.

# FIVE CONVERSATION GOALS

---

## **SHOW YOU DISAPPROVE OF UNDERAGE DRINKING AND OTHER MISUSE.**

Over 80% of young people ages 10-18 say their parents are the leading influence on their decision not to drink. Send a clear and strong message that you disapprove of underage drinking and misuse of drugs.

## **SHOW YOU CARE ABOUT YOUR CHILD'S HAPPINESS, WELL-BEING, AND SUCCESS.**

Young people are more likely to listen when they know you're on their side. Reinforce why you don't want your child to drink or use drugs—because you want them to be happy and safe. The conversation will go a lot better if you're open and you show concern.

## **BE A GOOD SOURCE OF INFORMATION ABOUT ALCOHOL AND OTHER DRUGS.**

You want your child to make informed decisions about alcohol and other drugs with reliable information about the dangers. Establish yourself as a trustworthy source of information so your child won't learn about alcohol and drugs from unreliable sources.

## **PAY ATTENTION.**

Young people are more likely to drink or use other drugs if they think no one will notice. Pay attention to what your child is doing in a subtle way, without prying.

## **BUILD YOUR CHILD'S SKILLS AND STRATEGIES TO AVOID DRINKING AND DRUG USE.**

Even if you think your child doesn't want to drink or try other drugs, peer pressure is a powerful thing. Talk with your child about what they would do if faced with a decision about alcohol or drugs. They make better choices when they have a plan, such as texting a code word to a family member or practicing how they'll say, "no thanks."

# WHEN TO BE CONCERNED

---

Sometimes it is hard to tell the difference between normal teen behavior and behavior that may indicate potential problems with alcohol or drugs. As a parent, you know best what is normal for your child. Trust your own sixth sense, and look for a series of changes, not an isolated single behavior. For example, if your child begins to fail at school, withdraw from the family or display drastic mood swings, these changes could lead to other more serious problems requiring professional help.

## IF YOU NOTICE A SERIES OF CHANGES SUCH AS SOME OF THE INDICATORS BELOW, YOUR CHILD MAY BE EXPERIENCING A PROBLEM THAT NEEDS YOUR ATTENTION.

- Increased tardiness or absences from school
- Change in sleep patterns
- Declining grades
- Change in attention span or ability to concentrate
- Social withdrawal or increased isolation from others
- Change in personal appearance
- Change in type of friends
- Sudden increase or decrease in weight
- Change in language used
- Shift in personal values or beliefs
- Exhibiting impulsive or bizarre behavior
- Increase in detentions or suspensions from school
- Stealing or vandalism
- Use of alcohol and/or drugs

# WHEN TO INTERVENE



If you've discovered that your child is drinking or doing drugs, the first thing you need to do is take a deep breath. You are not in this alone – there are many people who can and will help you. Start by talking with people you know, such as family members, friends, teachers, school counselors, sports team coaches, clergy, and your doctor. All these people, along with many others, can help you get focused and determine what to do. You can never be too safe or intervene too early – even if you believe your teen is just "experimenting". Casual or experimental use can quickly turn into abuse, dependence or addiction; leading to accidents, legal trouble, and serious health problems. If you are at all concerned about your child – you can and should intervene.

**SOURCE** <https://communitytheantidrug.org/resources/parent-resources-2/>

**DOWNLOAD THE INTERVENTION E-BOOK  
FROM [WWW.DRUGFREE.ORG](http://WWW.DRUGFREE.ORG) FOR A  
COMPREHENSIVE GUIDE TO INTERVENTION**

**SOURCE** <https://drugfree.org/article/look-for-warning-signs/>

## THE RISKS OF

# UNDERAGE DRINKING

Youth who drink alcohol are more likely to experience:

- Car crashes, drownings, and other unintentional injuries, such as burns and falls
- Unwanted and/or unprotected sexual activity
- Higher risk for suicide
- Difficulty with memory, paying attention, and learning
- Disruption of normal growth and sexual development
- School problems such as increased absences and poor grades
- Social problems such as withdrawing from activities or fighting
- Legal problems due to impaired driving or harming someone while drunk
- Abuse of other drugs

## DRUNK & DRUGGED DRIVING

The use of alcohol, marijuana, and other drugs impairs the ability to drive safely:

- REACTION TIME AND DECISION MAKING ARE SLOWER
- PERIPHERAL VISION IS DIMINISHED
- ATTENTION TO DRIVING CONDITIONS AND OTHER TRAFFIC DECREASES

# FACTS ABOUT VAPING

- **In the state of Illinois, you must be 21 years of age to purchase tobacco, vaping devices, and accessories.**
- **Vape liquid, or "e-juice" contains 26 chemicals on the FDA's list of harmful/potentially harmful substances and 9 cancer-causing chemicals, including formaldehyde, benzene (found in pesticides/gasoline) and cadmium (used in car batteries).**  
CDC Surgeon General Report on E-Cigarette Use among Youth, 2016
- **Students who vape are 3 times more likely to go on to use traditional cigarettes and 4 times as likely to start using marijuana.**  
JAMA 2019 & Pediatrics 2018
- **Most vape cartridges contain nicotine. A single JUUL brand pod contains as much nicotine as a pack of 20 regular cigarettes.**
- **Vape pens can be used for high potency marijuana oils and waxes.**

## WARNING SIGNS THAT YOUR TEEN MAY BE VAPING INCLUDE:

- Unexplained sweet scent
- Nosebleeds
- Bloody sores in mouth
- Smoker's cough
- Increased thirst
- Unfamiliar batteries, chargers, and odd-looking USB drives



# FACTS ABOUT MARIJUANA

Illinois and other states legalizing retail marijuana for people over 21 may create the perception that it is not harmful. It is important that parents remind their children that marijuana is not legal for youth, is particularly dangerous to their brain development, and remains illegal on the federal level.

- The average potency of marijuana has doubled since 2008, which increases the risk of addiction and psychotic episodes. Teens are at more risk due to their stage of brain development.  
The Lancet Psychiatry, 2019
- All major scientific and medical organizations agree that marijuana is addictive.  
Dr. Weiner, Linden Oaks Behavioral Health, 2018
- Because the brain isn't fully developed until age 25, marijuana use during the teen years can change the function and structure of the brain, particularly the pre-frontal cortex which controls decision-making, reasoning, and self-regulation of emotions.
- Marijuana use is associated with mental health problems such as depression, anxiety, suicidal thoughts, and schizophrenia.
- Regular marijuana use before the age of 18 can lead to a decrease of up to 8 IQ points.  
National Academy of Sciences, 2013

## SHORT-TERM EFFECTS

- Problems with memory and learning
- Distorted perception (sights, sounds, time, touch)
- Trouble with thinking and problem-solving
- Loss of motor coordination
- Increased heart rate

## PERMANENT CHANGES

- Less control of emotions
- Worse problem-solving
- Slower processing
- Lower verbal comprehension
- Poorer memory

# COMMUNITY RESOURCES

## SCHOOLS & FAITH ORGANIZATIONS

Our local schools and many faith organizations have staff trained to assist with behavioral health needs, and they already know your child. At a high school, talk to your child's counselor, social worker or school resource officer. At a middle or elementary school, ask for the principal or social worker. At your place of worship, talk to your pastor, rabbi or youth leader.

## TEXT-A-TIP

Safe, anonymous help from a trained counselor 24/7 right from your phone. Use the "Lake County Help" app or text 224HELP to 844-823-5323. All texts are secure and anonymous, so teens can reach out for themselves or a friend without fear.

## DRUG FACTS & PARENTING TIPS

### Community—The Anti-Drug Coalition

[www.communitytheantidrug.org](http://www.communitytheantidrug.org)  
224-765-CTAD

### Drug Free America

[www.dfaf.org](http://www.dfaf.org)  
727-828-0211

### Libertyville Connect Coalition

[www.libertyvilleconnect.com](http://www.libertyvilleconnect.com)  
847-377-8772

### National Institute on Alcohol Abuse and Alcoholism

[www.niaaa.nih.gov](http://www.niaaa.nih.gov)  
301-443-3860

### National Institute on Drug Abuse (NIDA)

[www.drugabuse.gov](http://www.drugabuse.gov)  
301-443-1124

### Parents Empowered

[www.parentsempowered.org](http://www.parentsempowered.org)  
847-546-6450

### Partnership for Drug-Free Kids

[www.drugfree.org](http://www.drugfree.org)  
855-378-4373

### Substance Abuse and Mental Health Services Administration (SAMHSA)

[www.samhsa.gov](http://www.samhsa.gov)  
800-662-HELP

## PRESCRIPTION DRUG DROP BOX LOCATIONS

Dispose of unused medications and remove the temptation for youth to experiment or misuse these drugs. The Libertyville Police Department has a prescription drug drop box located in the lobby. Visit [www.DrugFreeLakeCounty.org](http://www.DrugFreeLakeCounty.org) for a complete list and map of Lake County locations.

# MORE COMMUNITY RESOURCES...

---

## COUNSELING & EDUCATIONAL SUPPORT

**Lake Cook Behavioral Health**  
[www.lakecookbehavioral.com](http://www.lakecookbehavioral.com)  
(847) 577-1501

**Youth and Family Counseling**  
[www.counselingforall.org](http://www.counselingforall.org)  
(847) 367-5991

**Lake County Health  
Department-Outpatient  
Mental Health**  
[www.lakecountyil.gov/708/  
Outpatient-Mental-Health-](http://www.lakecountyil.gov/708/Outpatient-Mental-Health-)  
(847) 377-8855

**Grand Oaks Behavioral Health**  
[www.grandoaksbh.com](http://www.grandoaksbh.com)  
(847) 549-1189

## SUPPORT FOR PERSONS IN RECOVERY AND THEIR FAMILIES

**Alcoholic Anonymous  
Northern IL Area 20**  
[www.district10nia.org](http://www.district10nia.org)  
847-362-1811

**Marijuana Anonymous**  
[www.marijuana-anonymous.org](http://www.marijuana-anonymous.org)

**Al-Anon & Ala-Teen (for Family)**  
[www.al-anon.org](http://www.al-anon.org)  
757-563-1600

**Nar-Anon (for Family)**  
[www.nar-anon.org](http://www.nar-anon.org)  
800-477-6291

**Families Anonymous  
(for Family)**  
[www.familiesanonymous.org](http://www.familiesanonymous.org)  
847-294-5877

**SMART Recovery (Self-  
Management & Recovery  
Training)**  
[www.smartrecovery.org](http://www.smartrecovery.org)  
440-951-5357

## HEALTH PROVIDERS

**Advocate Condell Medical Center**  
[www.advocatehealth.com/condell](http://www.advocatehealth.com/condell)  
847-362-2900

**Amita Health – Alexian Brothers  
Behavioral Health Hospital**  
[www.amitahealth.org](http://www.amitahealth.org)  
800-432-5005

**Northwestern Medicine – Lake  
Forest Hospital**  
[www.nm.org](http://www.nm.org)  
847-234-5600

**Lake County Health Department  
& Community Health Center**  
[www.lakecountyil.gov/health](http://www.lakecountyil.gov/health)  
847-377-8000

**North Shore University Health  
Systems**  
[www.northshore.org](http://www.northshore.org)  
847-432-8000 (Highland Park)

**Lurie Children's Hospital –  
Substance Use & Prevention  
Program**  
[www.luriechildrens.org](http://www.luriechildrens.org)  
800-KIDS-DOC

## TREATMENT AGENCIES

Inpatient and outpatient usage and addiction support are available for teens. The Illinois Helpline can help connect you to the service you need.

### Illinois Helpline

[www.helplineil.org](http://www.helplineil.org)

**833-2-FindHelp**

Inpatient and outpatient usage and addiction support are available for teens. The Illinois Helpline can help connect you to the service you need.

### A Way Out (Opioids Only, contact Libertyville Police Dept)

[www.awayoutlc.org](http://www.awayoutlc.org)

**847-945-8636**

### Nicasa

[www.nicasa.org](http://www.nicasa.org)

**847-546-6450**

### Gateway Foundation (Lake County locations)

[www.gatewayfoundation.org](http://www.gatewayfoundation.org)

**877-377-2027**

### Rosecrance

[www.rosecrance.org](http://www.rosecrance.org)

**888-928-5278**

### SunCloud Health (location in Northbrook)

[www.suncloudhealth.com](http://www.suncloudhealth.com)

**844-202-3161**

## FOOD ASSISTANCE

### First Presbyterian: Mobile food pantry

[www.firstpreslibertyville.org](http://www.firstpreslibertyville.org)

**(847) 362-2174**

### Libertyville Township: Food pantry

[www.libertyvilletownship.us](http://www.libertyvilletownship.us)

**(847) 816-6800**

### HOPE Food Pantry

[www.stlawrencechurch.org/PADS](http://www.stlawrencechurch.org/PADS)

**(847) 362-2110**

### St. Joseph: Food pantry

[www.stjoseph-libertyville.org/food-pantry.com](http://www.stjoseph-libertyville.org/food-pantry.com)

**(847) 362-2073**

## ADDITIONAL RESOURCES

### Centers for Disease Control and Prevention

[www.cdc.gov](http://www.cdc.gov)

### National Institute on Alcohol Abuse and Alcoholism

[www.niaaa.nih.gov](http://www.niaaa.nih.gov)

### Mothers Against Drunk Driving

[www.madd.org](http://www.madd.org)

### NIDA for Teens

[www.teens.drugabuse.gov](http://www.teens.drugabuse.gov)

### National Alliance on Mental Illness

[www.nami.org](http://www.nami.org)

## OUR MISSION

**LIBERTYVILLE CONNECT  
EDUCATES AND ENGAGES  
THE COMMUNITY TO  
ADVOCATE FOR HEALTHY  
AND SUBSTANCE-FREE  
CHOICES AMONG OUR YOUTH.**



LIBERTYVILLE



WILDCATS



The Libertyville Area Resource Guide is brought to you by the Lake County Health Department and Community Health Center, Libertyville Connect Coalition, Libertyville High School and Highland Middle School. Funded in whole or in part by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery through a grant from the Substance Abuse and Mental Health Services Administration.