

CGTI Blog Posts, October 2016

CGTI Community Action Team Update October 3, 2016

Each month our Community Action Teams (CATs) are asked to complete an online monthly reports. Here's information from their September report:

West Layden High School

This action team met on a weekly basis in September. The youth received training from Erika's Lighthouse on depression and suicide and presented to all of the health classes on depression and suicide prevention. They have also been planning and preparing for Suicide Awareness Week (October 3-6) at their school. This CAT will also be holding a 5k walk and comedy night on October 4 for all of the community. **This action team received a Mini-Grant for the 2016-2017 school year.*

LEO's of Wilmington

This action team was newly formed following CGTI after a few participants and an adult mentor attended this summer's Institute. They have started off excited and ready to make positive change in their community. They met 5 times throughout the month and helped at several events. **This action team received a Mini-Grant for the 2016-2017 school year.*

I.V.A.D.C.

This action team has established they will meet weekly for the school year. They will be putting together skits and will plan a Snowball event for the fall.

Trewyn: Teens Empowering Community Change

This team met twice in September, where they reviewed their action plan they created at CGTI and discussed possible modifications for the year. The youth also worked on recruitment for their team.

Massac County Drug Awareness Coalition Youth Advisory Council (MCDAC YAC)

This action team has reviewed their action plan they created at CGTI and is working to expand it. They will be sharing information about their CAT, drug and alcohol facts, and information about the Illinois Youth Survey at a football game in the middle of October.

Dunlap Valley Middle School

This action team meets every Wednesday during lunch, as well as every other Wednesday morning. This team has worked to increase their number of participants and are setting up activities, posters, and information about Red Ribbon Week – which will include spirit days. This CAT will also be working on an anti-bullying day for their entire school. **This action team received a Mini-Grant for the 2016-2017 school year.*

Stevenson High School – Catalyst

This action team meets bi-weekly with about 30-50 students. Throughout September they worked on an alternative drug-free event prior to their homecoming game. They educated students to close the gap in knowledge about

perceived risk of harm from use of alcohol, marijuana, and Rx misuse. This CAT is also planning an event around lock up your liquor campaign aimed at parents and have been working on activities for red ribbon week.

Streator Township High School – PAWS

This action team quickly began working on their action plan they created at CGTI. They held a fun run fundraising event where they surpassed their goal of participants! They distributed messages about their action team, alcohol and drug facts, and were able to raise money for their upcoming events. This action team was also awarded a grant from their town, which will help continue to efforts to create positive change in the school and/or community.

Elmwood Park High School

This action team meets weekly and has started off eager and ready! They held their first event, a Snowflake for 7th graders a local middle school, where they hosted a speaker, discussed bullying prevention, and what to expect in high school. They have covered topics of healthy lifestyle, toxic friendships, meeting new people, and creative positive interactions within their school community throughout the month as a team. **This action team received a Mini-Grant for the 2016-2017 school year.*

McHenry County Operation Snowball

This action team meets monthly and met to discuss providing healthy alternatives for McHenry County by hosting a “back to school” movie night. They already have a few events scheduled for October and will be using the action plan they created at CGTI for guidance. **This action team received a Mini-Grant for the 2016-2017 school year.*

District 156

This action team has been focused on marketing their team to peers in the high school and working on recruitment. They have also hosted weekly meetings and planned for red ribbon week activities for the end of October. **This action team received a Mini-Grant for the 2016-2017 school year.*

Menard County School & Community Task Force –Athens High School

This action team holds weekly meetings throughout the school year. In September, they met to organize fall festivals and organize the crash reenactment. This CAT also educated community members with prevention information related to tobacco and alcohol at each of the 3 festivals they attended. They have planned a “chalk out” to write positive messages and incorporate facts about bullying for October and are finalizing their drug-free healthy alternative activity for the month.

District 211 – Conant High School

This action team is off to a great start and will be hosting a mental health awareness week taking place October 17-21. For this event, they met twice in September. They have scheduled an all-school speaker for October, as well have planned student activities and events for the week. **This action team received a Mini-Grant for the 2016-2017 school year.*

BP Power

This action team meets monthly as a whole and each school meets bi-weekly. They spent some time in September recruiting for the team. This action team will be updating their action plan they created at CGTI by adding an

awareness campaign. The team has identified that the major issue in their schools is anxiety, depression, and self-harm. They have also registered 15 youth and 1 adult mentor for the Mid-Year Conference in January.

Youth Empowering Students (Y.E.S.)

This action team held an event with 65 7th graders for an afterschool Snowflake to practice positive risk taking and team building. For October, they will plan for the Halloween/Dia de los Muertos overnight event as a healthy alternative event for youth in the community. **This action team received a Mini-Grant for the 2016-2017 school year.*

Teens With Impact – Greendale, WI

This action team started off their meetings discussing their action plan, fundraising, and planning for their year events. They will be building off their action plan they created at CGTI to create positive change in their school. **This action team received a Mini-Grant for the 2016-2017 school year.*

Barrington High School

This action team met several times throughout the month of September. They worked on an Avalanche event, which they held September 16. Avalanche was designed to give freshman an opportunity to get involved and connect with upperclassmen. It was attended by 100 freshman and 60 upperclassman leaders. For October, they are planning a Snowflake for October 17.

Thornwood High School

This action team met weekly throughout September to work on their action plan they created at CGTI. They created positive and motivating messages to reduce stress for students and promote a positive atmosphere. Their team wrote 1800 messages on colorful post-its to place on each student's locker. As the students entered the building, they were excited to see the post-its and many were touched by them. For October, they plan to invite a guest speaker to their school and will work on expanding their action plan.

Wilmington CAT

This action team has been busy expanding their action plan from CGTI. They are in the beginning stages of planning their Town Hall meeting. They are also working on events for red ribbon week and anti-bullying month. They hope to have a proclamation developed and ready to present in October to the City Council. **This action team received a Mini-Grant for the 2016-2017 school year.*

Highland High School

This action team met several times throughout the month of September and have two meetings scheduled for October. They have been working on recruitment for their team and also modifying their action plan. For October, they have planned a few activities to bring people closer together during the recruitment process.