

LEADing the Way

LEAD • Linking Efforts Against Drugs • Winter 2005

Don't Miss Parent University

Barbara Coloroso as Keynote Speaker

"Hearing Barbara Coloroso talk about raising kids is like being exposed to good art—both experiences resonate with clarity, insight, and honesty, and all the components are in ideal proportion."
Chicago Parent

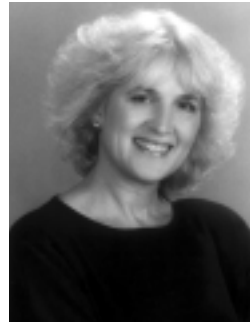
Parent University 2005 is scheduled for the morning of February 26, 2005 at Gorton Community Center. The keynote speaker will be **Barbara Coloroso, an internationally recognized speaker and author in the areas of parenting, teaching, school discipline, non-violent conflict resolution and reconciliatory justice.** She is an educational consultant for school districts, the medical and business communities, the criminal justice system and other educational associations in the U.S. and abroad.

Barbara has served as a classroom teacher, a laboratory school instructor, and a university instructor. She is the author of three bestsellers: *kids are worth it!* *Giving Your Child the Gift*

of Inner Discipline; Parenting Through Crisis: Helping Kids in Times of Loss, Grief and Change; The Bully, the Bullied, and the Bystander: From Preschool to High School—How Parents and Teachers Can Help Break the Cycle of Violence.

A dynamic speaker, Barbara will address parents on "Parenting With Wit and Wisdom" and then will conduct a breakout session on "The Bully, The Bullied and the Bystander." Also delivering a breakout session will be Dr. Michael Maniaci, clinical psychologist, on the subject of "Stress and Achievement—How Much is Too Much?"

Attendees are encouraged to register for Parent University in advance (see page 6).



Internationally recognized speaker Barbara Coloroso will give the keynote address at Parent University on February 26 at Gorton Community Center.

Local teachers and school staff are invited to attend Parent University free of charge. Barbara will also address school staff on creating positive school climates at a training session hosted by Woodlands Academy on the afternoon of Friday, February 25. For more information on attending the free training, call Marsha Marko at 847-234-4046.

PARENT UNIVERSITY

Registration form on page 6

Registration is \$25 per person and \$15 for an additional adult family member. For more information, contact LEAD at 847-295-9075. See registration form on page 6. Additional forms can be downloaded from www.leadweb.org and faxed or mailed to LEAD.

Tips on Emotionally Intelligent Parenting



Psychologist and author
Dr. Maurice Elias

Dr. Maurice Elias spoke to over 180 parents on November 8th at Lake Forest High School, and he provided some tips on **how to parent in emotionally intelligent ways.** Here were some of his suggestions:

- Have a family mission statement/vision
- Listen to your feelings
- Emphasize your kids' strengths
- Apologize when you lose your cool
- Be a good model: children follow what you do even more than what you say, but they listen

- Make your home an oasis against stress
- Follow the 24 karat Golden Rule: do unto your children as you would have others do unto your children
- Check www.EQparenting.com

If you would like to be added to the email list for our Emotionally Intelligent Parenting Tips of the Week, please email LEAD at lead9075@aol.com!

www.LEADweb.org

Myths & facts about marijuana

Do you know the facts about marijuana? Here are some common myths.

Each year, more kids enter treatment with a primary diagnosis of marijuana dependence than for all other illicit drugs combined. Research shows that kids who smoke marijuana engage in risky behavior that can jeopardize their futures, like having sex, getting in trouble with the law, or losing scholarship money.

MYTH: Marijuana is harmless.

FACT: Marijuana is the most widely used illicit drug among youth today and is more potent than ever. Marijuana use can lead to a host of significant health, social, learning, and behavioral problems at a crucial time in a young person's development. Getting high also impairs judgment, which can lead to risky decision making on issues like sex, criminal activity, or riding with someone who is under the influence of drugs or alcohol. Getting high also contributes to general apathy, irresponsible behavior, and risky choices.

MYTH: You can't get addicted to marijuana.

FACT: Kids can get hooked on pot. Research shows that marijuana use can lead to addiction. Each year, more kids enter treatment with a primary diagnosis of marijuana dependence than for all other illicit drugs combined.

MYTH: There's not much parents can do to stop their kids from "experimenting" with marijuana.

FACT: Most parents are surprised to learn that they are the most powerful influence on their children when it comes to drugs. Kids need to hear how risky marijuana use can be. They need to know how damaging it can be to their lives. By staying involved, knowing what their kids are doing, and setting limits with clear rules and consequences, parents can keep their kids drug-free.

MYTH: There are no long-term consequences to marijuana use.

FACT: Research shows that kids who smoke marijuana engage in risky behavior that can jeopardize their futures, like having sex, getting in trouble with the law, or losing scholarship money. Marijuana can also hurt academic achievement and puts kids at risk for depression and anxiety.

MYTH: Marijuana isn't as popular as other drugs like ecstasy among teens today.

FACT: Kids use marijuana far more than any other illicit drug. Among kids who use drugs, 60 percent use only marijuana.

MYTH: Young kids won't be exposed to marijuana.

FACT: Not only are they exposed to marijuana, they are using it. Between 1991 and 2001, the number of 8th graders who used marijuana doubled from one in 10 to one in five.

MYTH: Parents who experimented with marijuana in their youth would be hypocrites if they told their kids not to try it.

FACT: Parents need to make their own decisions about whether to talk to their children about their own drug use. But parents can tell their kids that much more is known today about the serious health and social consequences of using marijuana.

Excerpt from www.theantidrug.com

WHAT THE RESEARCH SAYS

Prominent expert to address parents and leaders



Dr. Andrea Barthwell, MD, will speak to parents and community leaders on April 12th at 9:45 a.m. in the Community Room at Gorton Community Center. Dr. Barthwell was tapped by President Bush as the Deputy Director for Demand Reduction at the White House Office of National Drug Control Policy. She resigned last fall because she was considered as a potential candidate for the U.S. Senate.

Now passionately speaking around the country on the risks of marijuana use, Dr. Barthwell will share her wealth of knowledge on what the research says about the smoking of marijuana and its effect on our youth.

Great websites for parents/teens

Try these websites for useful information for parents and/or teens:

Family Guide to Keeping Youth Mentally Healthy and Drug Free at www.family.samhsa.gov

Wide range of parenting issues:
www.parentsoup.com

Site for teens on understanding drugs:
<http://www.teens.drugabuse.gov>

Emotionally Intelligent parenting information:
<http://www.EQparenting.com>

FIND MORE AT
www.LEADweb.org

"The biggest single deterrent to academic achievement today is the regular smoking of marijuana."

Dr. Andrea Barthwell, former Deputy Director for Demand Reduction at the White House Office of National Drug Control Policy

Positive parent-teacher communication

by Rae Kyriazis, District 67 APT Executive Board—Parent Awareness

Positive parent-teacher communication is essential for student success. Recently, District 67 facilitated a panel discussion that presented tools and strategies for parents and teachers. The keys to positive communication are useful in many situations. They are:

Partnership and relationship: The key to positive parent teacher communication is partnership and relationship building. Take the time to build connections with your child's teacher on an ongoing basis.

Mutual respect: We are mirrors. If we approach teachers with respect, we will receive respect in return.

Communicate early and often: Enjoy casual conversation and connection with your child's teacher. This is the foundation for your relationship. Take advantage of the many school sponsored events as a way to develop this connection. Also, no one likes surprises. A proactive approach works best. Take responsibility to be proactive and do not wait until a crisis arises.

A positive tone: A positive, honest and open approach works best. Take time to consider what is the most effective way to present an issue to get the outcome or result that you desire. Be open, willing and flexible to alternatives and solutions that are offered by the teacher or administration. When an issue is emotionally charged, wait for at least 24 hours before discussing it.

Respect the chain of command: Always go to the teacher first for issues and challenges. Only after working with the teacher to resolve the problem or concern is it appropriate to meet with the principal or other administrators.

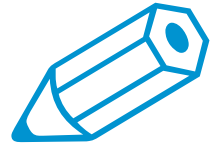
Appropriate space and time: Email is a very helpful tool for short communication. A general rule is if the email is longer than three to four sentences, the communication is probably more effective over the phone or in person. Be aware and respectful of the teacher. Always set up an appointment if you have an issue to discuss.

Be clear: Get clear with yourself about the key issue before you have a conversation. Sometimes issues are emotional and complex. Take a step back, and ask yourself, "What in this situation is most important to me?" As you get clear about what you—and your child—want, then you can be more effective with the teacher and collaborate to achieve the results that benefit everyone.

Follow up plan: After a problem is discussed, make a plan for who will follow up, when they will follow up and how they will follow up. A plan creates accountability for all involved. Be specific with this plan—this includes dates, times and vehicles of communication.

Acknowledgment: We all thrive on acknowledgment and appreciation. Take time on a regular basis to communicate positive feedback to your child's teacher.

Test your drug IQ!
Go to LEADweb.org and
take the quiz.
See how knowledgeable
you are!



There's a good reason teens don't think like adults

By Claudia Lenart

Sometimes, teenagers seem as though they are a different species, even though they look like adults on the outside.

The sweet child of the past turns into this teenager who doesn't see eye to eye with her parents, who doesn't seem very logical and who frankly, lacks common sense.

Recent research has shown that it's not just raging hormones responsible for irresponsible behavior. **Teens think differently than adults because their brains are different.**

Research has found that the last parts of the brain to develop are those associated with maturity, organization and control, key parts of the brain related to emotions, judgment and "thinking ahead."

Previously, most brain experts thought the human brain stopped growing at around 18 months and that neurons were wired for life by age three. However, brain researchers recently discovered the brain's gray matter has a final growth spurt around the ages of 11 to 13 in the prefrontal cortex of the brain, the region that guides intellectual thinking and planning.

It takes most of the teen years to link these new cells to the rest of the brain and solidify the millions of connections that allow teens to think and behave like adults. Teens' erratic behavior is likely a result of both the brain and the hormones, say researchers.

Dr. Jay Geidd of the National Institute of Mental Health, who helps run the ongoing imaging studies that first detected the middle school growth spurt, said that the new understanding of teen brains "argues for doing a lot of things as a teenager. You are hardwiring your brain in adolescence. Do you want to hard-wire it for sport and playing music and doing mathematics or for lying on the couch in front of the television?"

Something to think about, isn't it?

For more information on teen brain development, check out Duke Professor Aaron White's website at <http://www.duke.edu/~amwhite/Adolescence/index.html>.

This article previously appeared in *Family Time Magazine*

Special thanks to Sanford Bernstein and Bob Westropp for underwriting the printing of flyers for LEAD events.



Thanks, Donors!

Many thanks to these generous donors who gave to LEAD in 2004:

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We also thank the many merchants who donated items to our September 2004 auction.

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David and Pam Waud
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Craig and Kim Werner
Stephen and Patrice Wetzel
Chris and Sally Wood
YWCA
Jeanine Yachtman
Christopher and Ellen Young
Hank and Anne Zanmarini

Fun events that give back!



Consider attending these fun upcoming events whose proceeds benefit LEAD.

January 31, 2005: Learn from noted pastry chef Alex Bourdeau how to make a fabulous dessert for your valentine! \$50 ticket includes cooking demonstration, luncheon, jewelry show, and lots of good conversation at a gorgeous private home. Call now—space is limited.

April 22-23, 2005: Attend Mid-American Dimensions in Art, an art show and sale featuring some of the most noted artists in the Mid-West. High school and college artists will also participate in a juried competition. Preview party will be held on Friday evening, and the show will run on Saturday and Sunday from 10-5 p.m. Lake Forest Club, Westmoreland Road, Lake Forest.

For information and tickets, call LEAD at 847-295-9075.



National survey finds fewer teens using drugs

For the third straight year, youth marijuana and overall illicit drug use has dropped, according to results released on December 21 from the annual Monitoring the Future (MTF) survey. Trend analysis from 2001 to 2004 revealed a 17 percent decline in overall drug use, and an 18 percent drop in past month marijuana use.

At a press conference announcing the results yesterday, Drug Czar John Walters and National Institute on Drug Abuse Director Nora Volkow stressed the importance of sustaining prevention efforts. The dedication of community leaders, teachers, coaches, faith leaders, parents and teens to raise awareness about the dangers of marijuana and other illicit drugs is vital to sustaining this decline.

Lead MTF researcher Lloyd Johnston credited ONDCP, Partnership for a Drug-Free America and their efforts on the National Youth Anti-Drug Media Campaign with helping change youth perceptions: "I am not aware of any other social influence process that could explain these changes in how young people view marijuana." Since September 2002, national efforts to educate the public about the harms of youth marijuana use, including a major advertising initiative, news media and entertainment industry outreach, Web content for parents and teens, and new drug prevention resources are showing an impact. The survey found there are now 600,000 fewer teens using drugs than in 2001.

Additional positive findings from the MTF survey comparing 2004 to 2003 showed a 60 percent drop in LSD and Ecstasy use and a nearly 25 percent drop in amphetamine and methamphetamine use over the past three years. Rates of cocaine, steroid, alcohol and cigarette use also continued to gradually decline.

While much of the news is good, areas of concern were also noted. Lifetime inhalant use for 8th graders increased significantly. Over the past two years the study also indicated a significant increase in teen OxyContin use. In the past year, one in twenty 12th graders reported using OxyContin.

The MTF survey is designed to measure drug, alcohol and cigarette use and related attitudes among 8th, 10th and 12th grade students nationwide. This year, 49,474 students from 406 public and private schools participated in the survey, which is overseen by the National Institute on Drug Abuse, National Institutes of Health, and conducted by the University of Michigan. Survey participants report their drug use behaviors across three time periods: lifetime, past year, and past month.

The complete MTF survey results can be viewed at <http://monitoringthefuture.org>

How is LEAD funded?

LEAD is a non-profit 501(c)(3) organization serving Lake Forest, Lake Bluff, and Knollwood residents.

Funding for LEAD comes from four primary sources: United Way-Lake Forest/ Lake Bluff, individual donations, corporate support, and grants from local government and schools.

We are most grateful for all of you who have donated to LEAD to help keep the programs coming!

News briefs

Dinnertime: The AntiDrug

It's no secret that family meals help kids learn better nutrition and eating habits. But a recent study from the University of Minnesota, published in the *Archives of Pediatrics and Adolescent Medicine*, shows that teens who regularly sit down to dinner with their families are less likely to use drugs and alcohol, suffer from depression, and consider or attempt suicide. Sharing meals is also associated with higher grade point averages, especially among teen girls. If you ask us, those sound like good reasons for family togetherness well beyond the holidays.

Health Magazine, December 2004.

Not just drunk driving costs young drinkers' lives

Did you know that an estimated 1400 students die on college campuses annually due to alcohol overdose? The good news is that alcohol related highway deaths fell by 511 people in the last 12 months, as states raised the blood alcohol levels considered DUI. But the bad news is the number of deaths from teenage binge drinking. Recent events in Colorado received national publicity but have been similarly occurring in other states across the country. The number of youths who die of alcohol overdose or in alcohol-related accidents is **almost double** the number who die in drunk driving accidents.

RID (Rid Intoxicated Drivers), December 2004.

Kids do care what parents think

A recent study among teens indicated that two thirds of teens say that losing their parents' respect and pride is one of the main reasons they don't smoke marijuana or use other drugs. So don't hesitate to let your kids know how you feel about the subject!

Sleep deprivation undermines teen health

Insufficient sleep—a widespread problem among teens—has been shown to put adolescents at risk for cognitive difficulties, poor school performance, reduced immunity, accidents and increased feelings of depression, research suggests. Teens need an average of 9.5 hours sleep and most Americans fall far short of this, with potential for significant problems. Great vigilance of bedtimes, and consideration of early morning activities appear to be warranted due to these findings.

**Help! Volunteers needed:
Want to help LEAD at one of the events
listed on the previous page?
Call 847-295-9075 and we will
find a fun opportunity for you!**

“Parent University re-energizes me as a parent.”
 Lake Bluff resident

“There was lots of valuable information packed into a short period of time—and awesome keynote speakers.”
 Lake Forest parent

A Morning for ALL Parents

Send completed registration form to LEAD, 400 E Illinois, Lake Forest, IL 60045 or fax to 847-295-9076. Additional forms at www.LEADweb.org. Registration is confirmed unless notified otherwise; participants should pick up schedules at the registration desk starting at 8:30 am on February 26. Fees are not returnable and will be considered a donation to LEAD. Sorry, childcare cannot be provided.

Questions? Call LEAD at 847-295-9075.

KEYNOTE SESSION:
“Parenting with Wit and Wisdom”
 with Barbara Coloroso
 9:15 a.m.–10:30 a.m.

BREAKOUT SESSIONS:
“The Bully, the Bullied and the Bystander”
 with Barbara Coloroso
 10:45 a.m.–noon

“Stress and Achievement: How Much is Too Much?”
 with Dr. Michael Maniacci
 10:45 a.m.–noon

OUR SPEAKERS:

Barbara Coloroso is an internationally recognized speaker and author in the areas of parenting, teaching, school discipline, non-violent conflict resolution and reconciliatory justice. Barbara is the author of *Kids are Worth It!* and *The Bully, the Bullied, and the Bystander*.

Michael Maniacci is a clinical psychologist and published author. He is one of the area’s most sought after Parent University speakers.

Thank you to the Village of Lake Bluff, the Spirit of 67 Foundation, and Bank of America for helping us fund Parent University

LEAD PARENT UNIVERSITY REGISTRATION FORM

Participant 1 First Name:	Participant 2 First Name:
_____	_____
Choose session for each participant:	
<input type="radio"/> Breakout #1	<input type="radio"/> Breakout #1
<input type="radio"/> Breakout #2	<input type="radio"/> Breakout #2
Participant 1 ___ @ \$25 = \$ _____	
Participant 2 ___ @ \$15 = \$ _____	
Tax Deductible Contribution to LEAD = \$ _____	
Total = \$ _____	

PROGRAM

9:15-10:30 Keynote:
 All attendees
 Parenting with Wit and Wisdom
 with Barbara Coloroso

10:45–noon Breakout #1
 The Bully, the Bullied
 and the Bystander
 with Barbara Coloroso

10:45–noon Breakout #2
 Stress & Achievement
 How Much is too Much
 with Michael Maniacci

Family Name _____

Address _____

City _____

Zip _____

Home Phone _____

Email _____

PAYMENT METHOD—Circle one:

Cash Check Visa MasterCard

CC # _____

Exp. Date _____ Signature _____

LEAD Parenting Programs 2005

Bullying and teasing— How we can address the issue

Monday, Feb. 7 9:45-11:15 a.m.
Gorton Community Center
Room 1861

Panel discussion for parents with students from Woodlands Academy H.O.P.E. team, counselor Jamie Gallo, CROYA's Todd Nahigian, and DPM Assistant Principal Charlie Driscoll on how to help address issues of harmful teasing and bullying behavior. *Free admission. For parents of children in grades K-8.*

You're fired— A workshop for teens and parents

M J Murray Vachon
Wednesday, Mar. 9 7-9 p.m.
Lake Forest Hospital

All good parenting leads to a day when eventually the child "fires" the parent. To become an independent, compassionate and productive adult, teens must go through an "apprenticeship" we call adolescence. This workshop will focus on how to help teens and parents get what they want: more freedom, more responsibility and good relationships with family and friends. In a

humorous, interactive, and practical style, Vachon will help both parents and teens navigate these important years. *Free admission. Offered in conjunction with Lake Forest Hospital.*

Myths of marijuana

Dr. Andrea Barthwell, former U.S. Deputy Director for Drug Demand Reduction
Tuesday, April 12 9:45-11 a.m.
Gorton Community Center
Community Room

Dr. Andrea Barthwell, former Deputy Director for Drug Demand Reduction/White House Office of National Drug Control Policy, will provide compelling information on the cannabis of today and the latest research regarding its short- and long-term impact on users. She will help parents, community leaders, and school staff understand why we should be more concerned about marijuana, our most commonly used illicit drug. *Free admission. For parents of children of all ages.*

Special thanks to Shields Township for helping us fund this event.

Love & Logic for parents of teens

This well known approach to parenting with love and logic will be applied to the specific challenges of teenage children. Want to know how to address problems with teen behavior without getting angry? Want to feel more effective in determining and enforcing consequences? Then this is the class for you! Three sessions. *A fee based program. See form below.*

Instructor: Mary Carolyn Embry
Tuesdays, February 1, 8 & 15 9:15-10:45 a.m.
Individual Fee: \$35 Couples Fee: \$50
Lake Forest High School Publick Room

Drugs and alcohol 101 for parents

This three hour training will be a crash course in drugs and alcohol. Learn the names and characteristics of the drugs that are students are exposed to, and learn to recognize the signs and symptoms of their use and what to do if you think your child is using. Protect your teens by being informed! *A fee based program. See form below.*

Speakers: Officer Darren Baker and Suzanne Walker
Monday, Feb. 14 9 a.m.-noon
Northern Trust Bank, 959 S. Waukegan Rd., Lake Forest

Roots and Wings—raising resilient children

Speakers: Peggy Kubert and Paula Hall
Thursdays, March 3, 10, 17; April 7, 14, 21 9:15-11:15 a.m.
\$65 per person
CROYA, 400 Hastings Road, LF

This six part series provides parents with effective parenting and family management skills geared to the middle school years. It offers information and strategies to help young people make good decisions. It is arranged in six sessions: 1) Risk factors and protectors, 2) Setting standards, 3) Teachable moments, 4) Setting boundaries—Building bridges, 5) Feelings, and 6) Rituals and traditions. *Special thanks to the Buchanan Family Fund for helping us fund this series.*

LEAD PROGRAM REGISTRATION FORM

Please register me/us for:

Love & Logic – Parent of Teens

February 1, 8, 15

Adult (s) ___ @ \$35 = \$ _____

Couple (s) ___ @ \$50 = \$ _____

Drugs & Alcohol 101

February 14

Adult (s) ___ @ \$15 = \$ _____

Couple (s) ___ @ \$20 = \$ _____

Roots & Wings – Six Part Series

March 3, 10, 17 & April 7, 14, 21

Adult (s) ___ @ \$65 = \$ _____

Couple (s) ___ @ \$100 = \$ _____

Grand Total = \$ _____

Family Name _____

Address _____

City _____

Zip _____

Home Phone _____

Email _____

PAYMENT METHOD—Circle One:

Cash Check Visa MasterCard

CC # _____

Exp. Date _____ Signature _____

Send completed registration form to LEAD, 400 E Illinois Ave., Lake Forest, IL 60045 or fax to 847-295-9076. Additional forms available at www.LEADweb.org.

Questions? Call LEAD at 847-295-9075. Registration is confirmed unless notified otherwise.



LEAD

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www.LEADweb.org

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*We are grateful to Abbott
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of the Holy Spirit's Mission
and Outreach Committee
for funding our newsletters!*



LEAD's Mission

LEAD is a community organization dedicated to parents and other adults and their role in the promotion of healthy family relationships and the prevention of alcohol, tobacco, and other drug use and risky behavior by youth.

Stacy Vermylen,
Executive Director
Lorelei Beaucaire,
Program Director

LEAD Board

Kris Andersen
Susan Armbruster
Betty Frank Bailey
Dorothy Chantler
Nancy Gunder
Kathy Sorensen
Suzanne Walker
Ellen Young

A positive vision for all young people

At a time when many people feel overwhelmed by the problems and challenges facing children and adolescents, communities across North America are discovering new energy in working together toward a positive vision for young people.

Instead of focusing only on reducing risks and intervening in problems, these communities are rallying to rebuild the foundation that all young people need—a foundation that has crumbled for far too many young people in our society.

Uniting a community to nurture the positive development of youth is much like playing in a jazz ensemble. Each musician must know the tune and listen to the other ensemble members; all players must improvise together—sometimes taking the lead and sometimes blending into the background.

To create a community-wide commitment to youth, all the 'players' need to be an ensemble—working toward a common vision of what is needed to promote the healthy development of young people.

Search Institute, 2004

LEAD has based its programs and activities on the Search Institute approach of building assets in children as well as promoting protective factors and reducing risk factors.

We invite you to join us in this effort by attending our programs, donating funds to help, or volunteering to help our organization or others in the community promoting the well being of our youth.

To all of you, especially to those who are helping to build strong youth in our community, we wish you a happy and healthy new year.