



ANNUAL REPORT 2019-2020

MISSION STATEMENT

The Massac County Drug Awareness Coalition is determined to provide leadership, education, and resources in order to build and sustain communities of knowledgeable citizens, in particular youth, who make healthy and safe choices through the reduction of substance abuse.

EXECUTIVE COMMITTEE

Summer Clapp
Cindy Davis
Rickey Griffey
Morgan Holt
Thelma Hunter
Steve Johnson
Natalie Quint

AUGUST 19, 2020

A MESSAGE FROM THE PROGRAM DIRECTOR

Thank you very much for your commitment to the Massac County Drug Awareness Coalition and our efforts to make real changes in our community. I appreciate all of our volunteers and feel fortunate that we have many in Massac County who are willing to give up so much of their own time to work towards our cause.

This has been an interesting year for MCDAC. We were finally awarded a federal Drug-Free Communities Grant, which has allowed us to hire a full-time Program Director and part-time Project Coordinator.

In March, the pandemic began, and changed life for everyone. We have used our social media accounts to reach the community and our meetings have been held via Zoom. Many of our plans and programs for this year have been cancelled or rescheduled, but we hope to get back to business during this upcoming year.

MCDAC now has a new office in downtown Metropolis at 506 Market Street. We feel that this will open new doors for MCDAC as a place to have committee meetings and to display our brochures, information, etc.

As always, we are very appreciative of our donors and volunteers because without them, our activities would not be possible. I look forward to working with everyone in the coming year.

Sincerely,

Holly Windhorst
Program Director

PROGRAM DIRECTOR



HOLLY WINDHORST, PROGRAM DIRECTOR

Mrs. Windhorst moved to the Massac County area in 2007 to start her career as a probation officer. She received a Master's degree in Public Administration in 2012. Mrs. Windhorst worked in probation until 2013 when she decided to become a stay-at-home mom to her two young children. Holly has been involved with MCDAC since 2012 and became Director in 2016. She is a member of the 32nd Street Church of Christ in Paducah, KY. In 2016, she received the Massac County Helping Hands Award from United Way.

Striving to bring people together to collaborate on efforts to reduce substance use and abuse in Massac County.

2018-2019 ANNUAL MEETING

Our 2018-19 Annual Meeting was held August 21, 2018, 6:30 p.m. at Metropolis City Hall, with a total attendance of 12. Accomplishments were shared and needs were discussed. Also, goals for the future included regular sector representation at meetings, another Townhall event, providing the Hidden in Plainsight display, along with our established programs/projects.

Public comments included noting that marijuana will become legal on January 1, 2020, but it is important to get the message out to parents that it is still dangerous for the adolescent brain. It was also reported by State's Attorney Josh Stratemeyer that meth is still being heavily used in the community and the long-term treatment centers seem to provide more success for addicts.

MCDAC BUSINESS

Office

MCDAC maintained an office in the Jones Building until August 1, 2020, when we moved into a new office at 506 Market Street.

Meetings

In response to requests, MCDAC held evening meetings in November 2019 and February 2020. The evening meetings were scheduled to provide an opportunity for citizens who were unable to attend the morning meetings throughout the year. The attendance for the evening meetings did not have an impact on attendance, so MCDAC will discontinue quarterly evening meetings at this time. MCDAC has also changed the regular meeting time from 9:30 a.m. to 8:00 a.m.

Staff

MCDAC hired Holly Windhorst as Program Director, Stacie Aycock as Project Coordinator, and Randy Rushing as Business Official made possible by funding through the Drug-Free Communities Grant.

SECTOR REPRESENTATIVES

YOUTH:

Lily Conkle

PARENT:

Natalie Quint

BUSINESS:

Chad Lewis

MEDIA:

vacant

SCHOOL:

JR Conkle

YOUTH-SERVING ORG:

Doris Vogt

LAW ENFORCEMENT:

Harry Masse

RELIGIOUS ORG.:

David Deem

CIVIC GROUP:

Dr. Steven Miller

HEALTHCARE PROFESSIONAL:

Clarissa Shepherd

STATE GOVERNMENT:

Josh Stratemeyer

OTHER SUBSTANCE ABUSE ORG.:

Thelma Hunter

**THANK YOU TO ALL
WHO SERVE OUR
COMMUNITY**

COMMITTEES/EVENTS

School Supply Drive

MCDAC participated in the Harrah's Annual School Supply Drive on August 10, 2019. We provided drawstring backpacks, rulers and substance abuse information to those in attendance. Volunteers were Steve Johnson, Natalie, Grayson & Griffin Quint, Cooper Stratemeyer, Holly, Lucy & Leo Windhorst.

Thank you to our volunteers and thank you to Chad Lewis and Harrahs for organizing this important event each year.

Drug Take Back

October 26, 2019 – MCDAC has assisted the Sheriff's Dept. with their Drug Take Back event for the past 3 years. These events coincide with the National Drug Take Back days. These are then transported to DEA sight to be incinerated instead of winding up in the wrong hands or flushed down toilets. A second Drug Take Back scheduled for April 25, 2020, was cancelled due to the pandemic.

July 15, 2020 – MCDAC member and State Representative Patrick Windhorst along with the Metropolis Police Department held a Drug Takeback in July. One hundred fifty pounds of prescription drugs were collected. Thank you to volunteers Chief Harry Masse, Rickey Griffey, Jacob Lemon, Kaleb Schutt, Dylan Chambers, and Patrick Windhorst.

The Massac County Sheriff's Department "**Points Drop**" program continues to be utilized and unused needles are taken out of our community to be disposed of properly. There continues to be needles found throughout the community and we encourage citizens to contact the appropriate police department to come and collect.

Thanks to the Massac County Sheriff's Department and Metropolis Police Department for their continued support of these programs.

Youth Advisory Council (YAC):

Molly Stratemeyer

MASSAC COUNTY HIGH SCHOOL: Eleven student members participated this year. Some students assisted with the MCDAC educational event that

was held in November 2019. In January 2020, the YAC members wrote encouraging messages regarding drug use with sidewalk chalk on the sidewalks at MCHS.

Thank you to Molly for serving as our YAC sponsor.

Red Ribbon Week (RRW) Celebration: **Sabrina Beck (K-6)**

Oct. 21-25, 2019 – "Send a Message–Stay Drug Free".

8 years and counting! This program serves over 1200 students from Kindergarten through 6th grades. Nearly 60 Teacher Activity Kits are assembled and delivered to elementary schools in Massac County. We had an essay contest for 4th, 5th, and 6th graders. 255 Essays were submitted; overall participation was 48%. Support for this program is funded by the community and prepared by volunteers. This is a volunteer opportunity to help with pre-planning, assembly, and delivery. Thank you to all our volunteers, teachers, and students. *Special thanks to Sabrina and Graciela Beck for planning and assembly of the packets. Thank you to Toni and Sabrina for grading the essays.*

Red Ribbon Week (RRW) Celebration: **Holly Windhorst (7-12)**

Center Point speakers were once again welcomed at Massac County High School in October and continue to receive positive feedback from students and teachers. Steve Johnson also arranged for the Centerpoint speakers at the Alternative School. Also, Dr. Jonathan Walters spoke to Massac County Junior High School about the dangers of vaping. *Thank you to our speakers and those who coordinated them.*

Community Education Program

November 21, 2019 – MCDAC invited parents and community members to learn more about youth vaping from Dr. Jonathan Walters, who gave a very informative presentation. MCDAC also held a short business meeting and presented 2019 Red Ribbon Week essay awards. Further, Cindy Davis from Southern Seven Health Department presented the Hidden in Plainsight mock bedroom display which

challenges parents to find all the signs of substance abuse in a teen's bedroom.

Thank you to Dr. Walters, Cindy Davis, Sabrina Beck, and all the volunteers who helped make this event possible.

Rides to Recovery (R2R):

Steve Johnson

MCDAC was able to provide 3 Rides to Recovery over the past year. This is a very important program because of the very few treatment facilities that are located in our area. We do not want transportation to be the deciding factor on whether someone receives treatment for their addiction.

Thanks to Steve Johnson for coordinating this program, and also for providing the rides. Also, thanks to Steve and Toni Miller for providing rides. We also want to thank our volunteers who are on the call list when a ride is needed.

Crashed Car Campaign

Metropolis Police Department

MCDAC provided a banner to the Metropolis Police Department for their crashed car that warns of driving under the influence and driving while texting.

Drug Facts Week

Holly Windhorst

March 30-April 5, 2020 – MCDAC participated in National Drug & Alcohol Facts Week by posting facts on our Facebook, Twitter, and Instagram accounts.

National Prevention Week

Holly Windhorst

May 11-15, 2019 - MCDAC participated in the Substance Abuse and Mental Health Services Administration (SAMHSA) National Prevention Week. Each day on Facebook and Instagram, we highlighted a person or agency from Massac County who is working to prevent substance abuse or suicide. Volunteers were as follows:

Prescription Drug Abuse – Massac County Sheriff's Dept.

Underage Drinking – Metropolis Police Department
Illicit Drug & Marijuana Use – Centerpoint Outreach Team

Tobacco/Vaping – Dr. Jonathan Walters, Massac Memorial

Suicide – Massac County Mental Health

Thank you to all the volunteers who submitted pictures for this campaign.

MEMBER TRAINING

- **Community Anti-Drug Coalitions of America (CADCA) Forum** – Holly Windhorst & Sabrina Beck (Feb. 2020)
- **Smart Approaches to Marijuana - Local Control to Pushback on Marijuana** – Holly Windhorst, Stacie Aycock, Steve & Ruthie Johnson, Cindy Davis (May 2020)
- **Smart Approaches to Marijuana - Marijuana Impaired Driving** – Holly Windhorst, Stacie Aycock, Miranda Sullivan (July 2020)
- **CADCA Mid-Year** – Holly Windhorst, Stacie Aycock, Morgan Holt (July 2020)
- **CADCA National Coalition Academy** – Holly Windhorst, Stacie Aycock (Ongoing through 2020)

MARKETING

ADVERTISEMENT: In January, we placed an ad in the Superman Classic basketball tournament program about the consequences of hosting an underage drinking party. *Thank you to Areia Hathcock for preparing the advertisement, and your continued support in highlighting MCDAC events throughout the year in The Metropolis Planet.*

SOCIAL MEDIA:



Massac County Drug Awareness Coalition



@mcdacyac

WEBSITE: massacdrugawareness.com

GRANTS/FUNDRAISING

Drug Free Community (DFC) Grant

MCDAC was awarded a Drug-Free Communities grant beginning on December 31, 2019. We have been awarded \$125,000 per year, with matching funds required. The initial award is for five years and then we will have an opportunity to apply for five more years.

Trivia Event

November 9, 2019 – Our 3rd Trivia Night fundraiser was a success. Event profit was \$1,120 with all the teams enjoying a competitive night of fun. Thank you to the winning teams for donating their prize money

to MCDAC. *Thank you to Cindy Davis for chairing, planning, and preparing for this fundraiser. Also thanks to our volunteers: Steve Johnson, Ruthie Johnson, Robbin McDaniel, Carly Eskridge, Marilyn Barfield, and Patrick Windhorst.*

COMMUNITY FOUNDATION OF WEST KENTUCKY

A grant for \$1000 was received from the foundation.

Thanks to Steve and Toni Miller for making this grant possible.

MONETARY DONATIONS

DONATIONS RECEIVED

\$500.00 Modern Woodmen
\$30.46 United Methodist Church
\$500.00 Lutheran Church of the Cross
\$500.00 Legence Bank
\$150.00 Kotter Ready Mix
\$100.00 Southern Illinois Electric Coop
\$250.00 St. Paul Lutheran Church
\$20.00 In Memory of Carly Owens
\$170.00 Powers United Methodist Church

Thank you to individuals and organizations in our community for their continued support both in-kind and monetary.

MCDAC GOALS FOR 2020-21

- Build capacity among key stakeholders and community members by promoting the mission and activities of MCDAC as evidenced by creating new community partnerships and recruiting five new members.
- Continue to utilize the Strategic Prevention Framework to guide MCDAC activities, as evidenced by completed trainings and the updated Community Assessment, Problem Statement, Logic Model, Action Plan, and Evaluation Plan.
- Reduce the 30-day reported student use of alcohol by 8th, 10th, and 12th graders by a combined total of 10% as evidenced by the Illinois Youth Survey.
- Reduce the percentage of 10th and 12th graders reporting acquiring alcohol from parents or other adults with their permission by 5% each as evidenced by the Illinois Youth Survey.
- Reduce the 30-day reported student use of marijuana in 8th, 10th, and 12th graders by a combined total of 10% as evidenced in the Illinois Youth Survey.

HOW CAN I HELP?

MCDAC now has a couple of staff members coordinating the coalition work, but we still need volunteers to implement our strategies. We would not be able to effect community change without the help of our volunteers. Thank you to MCDAC members and volunteers for their continued support with MCDAC planning, activities, and outreach. Currently, volunteers are needed for the following tasks:

- Share information about MCDAC and our meetings with your friends and family
- Attend monthly meetings
- Recruit members and businesses
- Speakers for events/meetings
- Volunteer to serve on the Executive Committee when openings occur
- Golf Tournament – recruit hole sponsors and teams (October)
- Trivia Night – recruit teams; grade answer sheets (November)
- Assemble Red Ribbon Week packets and/or grade Red Ribbon Week essays
- Help manage our Instagram, Twitter, and/or Facebook accounts
- Historian
- Serve on a sustainability committee
- Provide rides to inpatient treatment for our Rides to Recovery program
- More opportunities will become available as the year progresses

To volunteer, contact Holly Windhorst, MCDAC Program Director at massacdrugawareness@gmail.com or (618) 316-4472.

HOW TO DONATE

There are many ways to donate to MCDAC's efforts to reduce substance abuse in Massac County.

Mail: Mail a check to MCDAC, P.O. Box 801, Metropolis, IL 62960

Office: Visit our office at 506 Market Street in Metropolis to drop off a donation.

Website: Visit massacdrugawareness.com and donate on through our website.

Amazon Smile: Amazon will donate 0.5% of your eligible purchases to MCDAC. All you have to do is sign in at smile.amazon.com and choose "Massac County Drug Awareness Coalition" as your charity of choice.

Thank you for your donation!

2019-2020 EXECUTIVE COMMITTEE

Ricky Griffey - Mr. Griffey is a Sergeant and Detective with the Metropolis Police Department and is currently working in the Investigations Unit. He has been assigned to the Southern IL Drug Task Force since September of 1998. In addition, he has been assigned to the Drug Enforcement Administration as a Task Force Officer for several years. Mr. Griffey has made the focus of his life to combat the drug abuse in Massac County. He and his family attend the First United Methodist Church of Metropolis. Mr. Griffey is a father of 4 children and Grandfather of one now and another due in September and is a lifelong Massac County resident.

Cindy Davis - Ms. Davis is a retired Health Educator in Massac County for Southern Seven Health Department for the past 5 years. She formerly worked with schools in programming such as sex education, physical activity (CATCH), nutrition, and Signs of Suicide and in community education programming such as Youth Mental Health First Aid, worksite wellness, smoking cessation. She has more than 20 years' experience in medical laboratory science. Cindy has been a resident of Massac County for almost 60 years, and she and her 3 adult children attended schools in Massac County. She is a graduate of Eastern Illinois University and is a past member of the Massac County Unit One School Board, and currently serves on the board of Heartland Cares in Paducah.

Thelma Hunter - Mrs. Hunter is an LCSW (Licensed Clinical Social Worker) and a LCADC (Licensed Clinical Alcohol and Drug Counselor). She has been employed with Four Rivers Behavioral Health for the past 20 years. She has over 25 years' experience in the field of substance abuse and mental health treatment. She has been the Director of CenterPoint Recovery Center for Men since 2010. She has been a resident of Massac County for over 20 years.

Steve Johnson - Mr. Johnson is a father and grandfather. He has a vested interest in drug prevention education for our youth. Steve retired from Electric Energy, Inc. after 38 years. As a member of Metropolis Elk's Lodge #1428, Steve serves as the Drug Awareness Chairman and Scholarship Chairman and has been instrumental in bringing the Elk's Drug Awareness Trailer to Massac County. Mr. Johnson saw MCDAC as an opportunity to get involved and help bring awareness, as well as, solutions to the community. He and his wife of over 40 years attend St. Rose of Lima Church. Mr. Johnson is a lifelong Massac County resident.

Natalie Quint - Ms. Quint started her career as a mental health counselor in 1999. Then she went on to pursue a Master's degree in social work and has been employed as a substance abuse counselor, school social worker, outpatient mental health counselor, and private practice therapist. In 2004, Ms. Quint received an LCSW (Licensed Clinical Social Worker) and currently holds a private counseling practice in Paducah, KY. She returned to the Massac County area in 2006 and is a member of Lutheran Church of the Cross. Ms. Quint is a recipient of the Lois Lane Award 2015, Les Easterday Award 2013, and Massac County Helping Hands Award 2013.

Sabrina Beck - Mrs. Beck has been a Massac County resident since 1994. She received her Bachelor of Science degree in Workforce, Education, & Development in 2003, as well as, an Applied Science degree in Health Information Technology in 2016. She has been a housewife for many years, holds a substitute teacher certification, is a volunteer track throws coach, and currently is a caregiver for her brother. She is a mother of 3, grandmother of twins, and has been married for over 20 years. Sabrina has been a member of Lutheran Church of Cross since 2006 and Zeta Zeta Sorority since 1996. In 2014, she received the Massac County Helping Hands Award from United Way. Sabrina also works with Lori Bruce as the 2nd Treasurer for MCDAC.

Summer Clapp - Ms. Clapp is a deputy with the Massac County Sheriff's Office. She has been employed at the sheriff's office since 2015. She is the liaison for the Sheriff Willy Bear Program that is provided to all the elementary schools in Massac County. Ms. Clapp is a member of St. Stephen's Lutheran Church, and her family have been residents of Massac County for the past six generations.

Morgan Holt – Mrs. Holt is the Branch Manager of Legence Bank and has been in banking since 2013 where she has worked a number of positions throughout her years. She is the treasurer for the Metropolis Rotary Club, is actively involved in the community and a member of the Metropolis Chamber of Commerce. She has a true passion for getting involved with the children, schools and local organizations to make a positive change in our community. Mrs. Holt is a Massac County native of 32 years along with her husband Matt and they are now raising their two wonderful daughters here as well. Mrs. Holt has seen firsthand the effects from substance abuse and drug addiction in her family and is devoted to help make a difference.

The Executive Committee meets monthly one week prior to regular meetings. Thank you to our Executive Committee for your time and dedication to the mission of the Coalition.

PROJECT COORDINATOR

This year, we were able to hire a part-time Project Coordinator with the help of our DFC grant. We welcome Stacie to MCDAC!

Stacie Aycock- Mrs. Aycock joined MCDAC as Project Coordinator in March 2020. She has over 8 years of experience in substance abuse treatment. Mrs. Aycock looks forward to working with the community and in the school systems to bring awareness to the destruction that substance abuse causes to individuals, their families and our community. She has been married to her husband, Allen, for 29 years. They have 5 children and 8 grandchildren. Mrs. Aycock lives in Paducah, KY.

Massac County Drug Awareness Coalition

Treasurer's Report

August 1, 2019 - July 31, 2020

Expense

Personnel/Fringe Benefits	44146.13
Travel	5131.99
Supplies	4837.37
Advertising	280.63
Training	1628.00
Rides to Recovery	52.00
Youth Advisory Council	500.00
CADCA membership	225.00
Fees	0.34
Human Resources	61.06
Joppa Jr. Sr. High School Donation	300.00
Red Ribbon Week	1995.22
Total:	59157.74

Income

Grants	71209.95
Donations	2234.81
Fundraiser: Trivia	1220.00
Total:	74664.76

Total:

Beginning Balance	16854.49
Income	+74664.76
Subtotal	91519.25
Expenses	-59157.74
Total	32361.51