



Massac County Drug Awareness Coalition

Annual Report 2020-2021

Mission: 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 in our community, who make healthy and safe choices through the reduction of substance abuse among our youth and eventually adults.

Massac County Drug Awareness Coalition

Annual Report 2020-2021

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 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.

While we had high hopes at the last Annual Meeting in August of 2020 that the upcoming year would be normal, it turned out to be anything but. However, we persevered and were able to reach families and youth with prevention information in new ways. We also began meeting with our Youth Advisory Council in the spring and completed a couple of activities with them as well. We resumed meeting in-person again after over a year of virtual meetings in May. I am very hopeful going into the new school year that MCDAC will be able to implement many new prevention strategies for youth.

As always, I am very appreciative of our donors and volunteers who keep our coalition functioning. I look forward to working with everyone in the upcoming year.

Sincerely,

Holly Windhorst

Program Director

Sector Representatives

...

BUSINESS:
Chad Lewis

CIVIC:
Dr. Stephen Miller

GOVERNMENT:
Josh Stratemeyer

HEALTHCARE:
Clarissa Shepherd

LAW ENFORCEMENT:
Harry Masse

MEDIA:
Terra Temple

PARENTS:
Natalie Quint

RELIGIOUS:
David Deem

SUBSTANCE ABUSE ORG:
Thelma Hunter

SCHOOL:
JR Conkle

YOUTH-SERVING ORG:
Doris Vogt

YOUTH:
Libby Conkle

ANNUAL MEETING 2019-2020

Our 2019-2020 Annual Meeting was held on Wednesday, August 19, 2021, at 8:00 a.m., virtually on Zoom. Accomplishments were shared and needs were discussed. Also, goals for the future were discussed including building capacity among key stakeholders, utilizing the Strategic Prevention Framework, and reducing youth alcohol and drug use as evidenced by the Illinois Youth Survey.

PROGRAMS/EVENTS

LOVE THY NEIGHBOR: August 29, 2020 - MCDAC staff teamed up with the Love Thy Neighbor ministry to provide a fun morning to youth in Joppa. Food and games were provided by the ministry and Holly and Stacie set up a table with drug prevention information along with the button-maker.

WEEKEND BLESSINGS: November 2020-May 2021 – As a way to distribute information to the community during the pandemic, MCDAC collaborated with the Weekend Blessings program to provide a drug prevention flyer each month that is included in the food bags. Around 175 bags are delivered every 2 weeks. We thank Sharon Burrus for allowing MCDAC to be involved in the program.

COPE FOOD PANTRY: February 2021-present – MCDAC also provides a flyer each month to COPE Food Pantry to provide in their food bags. In addition, they also offer the Detera Drug Disposal bags for anyone in the community who needs to dispose of unwanted prescription drugs. We thank Steve and Toni Miller for initiating the collaboration for this project and for delivering the flyers to the food pantry each month.



Left: Holly Windhorst and Stacie Aycok at the Love Thy Neighbor Event. Above: Sharon Burrus at the Weekend Blessings program.

PROGRAMS/EVENTS

RIDES TO RECOVERY: Ongoing – MCDAC was able to provide ____ rides 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 providing some of the rides. Also, thanks to Steve and Toni Miller for providing rides this year. We also want to thank everyone who is on the call list when a ride is needed.

TALK. THEY HEAR YOU. CAMPAIGN: Ongoing – We used the Substance Abuse and Mental Health Services Administration's (SAMHSA) underage drinking campaign, Talk. They Hear You. for our billboard that was up from February-July. We also used the campaign on social media. The campaign encourages parents to talk to their children about drug and alcohol use.



NATIONAL RECOVERY MONTH: September 2020 – We kicked off National Recovery Month on August 31 with recognizing National Overdose Awareness Day on social media. Our Health Sector Representative, Clarissa Shepherd, also asked the City of Metropolis to declare a proclamation declaring that August 31 was National Overdose Day. For Recovery Month, Project Coordinator Stacie Aycok obtained recovery stories and pictures and posted them to our Facebook account.

CIVIC GROUPS: September & October 2020 – Program Director Holly Windhorst spoke at both the Kiwanis and Rotary Clubs about MCDAC updates and our Drug-Free Communities grant.

RED RIBBON WEEK: October 26-20, 2020 – The theme for Red Ribbon Week this year was “Be Happy. Be Brave. Be Drug-Free.” MCDAC provided teacher kits to all K-6 teachers within the Massac and Joppa school districts. Each day had a drug-free message and item for each student. We also provided vaping prevention banners to Massac County High School, Massac Junior High, and Joppa Jr./Sr. High. We thank both the Massac and Joppa school districts for their help with Red Ribbon Week. We also want to thank all the volunteers who helped us assemble the kits: Austin Elliott (Massac Memorial Hospital), Kim Abell (Massac Memorial Hospital), Elaine Cohoon (City National Bank), Peggy Holder (City National Bank), Steve Johnson, Steve & Toni Miller, Cami Horman, Addison Aycock, Mattie Thompson, Stacie Aycock, and Holly Windhorst. Also thanks to Morgan Holt (Legence Bank) and Clarissa Shepherd (Southern Seven Health Department) for donating copies. Further, we want to thank Massac Memorial Hospital for donating a mask for each teacher, and hand sanitizer and gloves for our volunteers. Lastly, we thank the City of Metropolis for donating the Community Center for our kit assembly night.



PROGRAMS/EVENTS

DRUG DISPOSAL BAGS: January 2021-present – MCDAC Project Coordinator Stacie Aycock was able to secure 6,000 Detera Drug Deactivation Bags through the RX Abuse Leadership Initiative (RALI). We plan to distribute these bags to anyone in the community who needs to dispose of old prescription medications for free. We thank our partners who have made the bags available at their business/organization: Metropolis Drugs I, Metropolis Drugs II, Massac County Mental Health, Massac County Sheriff's Department, Metropolis Police Department, Southern 7 Health Department, the Massac Memorial Hospital clinics, and COPE Food Pantry. We also thank the Metropolis Police Department for allowing us to have the bags delivered to the station. Further, we thank volunteers Steve & Toni Miller, Cindy Davis, Cami Horman, Addison Aycock, and Hayden DeJarnett for donating your time to apply MCDAC stickers to each of the bags.



WEBSITE: March 2021 – present – MCDAC debuted a new website in March. The website has pages for both parents and teens with prevention information and links, as well as information for volunteers. The website address is www.massacdrugawareness.com.

NATIONAL ALCOHOL & DRUGS FACTS WEEK: March 22-26, 2021 – MCDAC joined the National Institute on Drug Abuse to participate in National Alcohol and Drug Facts Week. Our campaign was aimed at teens on social media, specifically Instagram. Each day, a fact or statistic about drugs was shared. Thanks to Youth Advisory Council member Alexis Frazine for creating all the graphics and posting them each day on our Instagram account (@mcdacyac).

CHILD ABUSE PREVENTION MONTH: April 2021 – MCDAC is a part of the Massac County Child Abuse Prevention Coalition (a smaller group within the Southern 7 Child Abuse Prevention Coalition). The coalition planned a media event where the Governor's proclamation was read declaring April as Child Abuse Prevention month, along with providing information about preventing child abuse. Other events during the month were the Metropolis Police Department's digital message board displaying a prevention message, and Frosted by Mollie's bakery "going blue" with blue baked goods and providing child abuse prevention flyers. Massac Memorial Hospital also stuck signs up around Metropolis reminding citizens that it was Child Abuse Prevention month. We thank Massac County State's Attorney Josh Stratemeyer, Massac County Mental Health Director Tina Martin, and Holly Windhorst for speaking at the media event. We also thank Stacie Aycock and Rollie Hawk from Arrowleaf for live-streaming the event. Also, thanks to the Metropolis Police Department, Frosted by Mollie and Massac Memorial for helping get the prevention message out into the community. Lastly, we want to thank Brittney Hale and Amber Anderson from Prevent Child Abuse Illinois for spearheading the coalition meetings and helping us prepare for the events.

NATIONAL PREVENTION WEEK: May 10-14, 2021 – MCDAC participated in SAMHSA's National Prevention Week again this year by doing another social media campaign. The campaign was both on Facebook and Instagram. Each day, one of our partners' picture was posted and we talked about how they are preventing youth substance use and suicide in Massac County. Thanks to our participating partners: Massac County Sheriff's Department, Metropolis Drugs I, Metropolis Drugs II, Metropolis Police Department, Weekend Blessings, COPE Food Pantry, Centerpoint Recovery Outreach Team, Southern 7 Health Department, Dr. Johnathan Walters (Massac Memorial Hospital), and Massac County Mental Health.

PROJECT GRADUATION: May 14, 2021 – This year, MCDAC was able to purchase several door prizes to help with Project Graduation at Massac County High School.



Approximately 100 students attended this drug and alcohol-free event. Thank you to all the Senior parents who put this event together.

SHAWNEE COMMUNITY COLLEGE TRIO PROGRAM: May 2021 – MCDAC teamed up with the SCC Trio Program Director Jipaum Askew to provide prevention videos especially for youth in the TRIO program. The TRIO students have a special section on our website where they can view the videos. We thank Jipaum for her work on helping to make this happen.

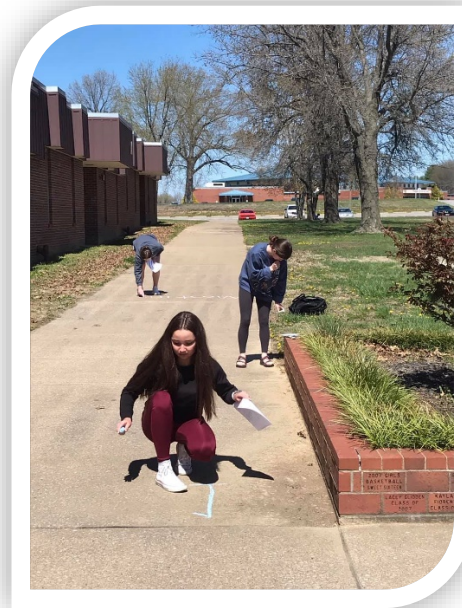
HOPE UNLIMITED/HOUSING AUTHORITY BLOCK PARTY: June 17, 2021 – Several organizations from the community set up booths at the block party and served 330 people. MCDAC had a roulette game with prizes, and gave away buttons and other SWAG along with drug disposal bags and prevention information. Thanks to Robbin McDaniel from Massac Memorial Hospital, Lucy and Leo Windhorst, Program Director Holly Windhorst, and Janet Foster for helping with the MCDAC booth. Also thanks to Maribeth Etheridge-Hicks for allowing us to borrow her roulette game.

METROPOLIS PUBLIC LIBRARY SUMMER READING BASH: July 27, 2021 – MCDAC was invited to provide prevention information and other items at the library's Summer Reading Bash. The library also has a display with our prevention information for it's patrons. We thank Director Rosemary Baxter and her staff for partnering with us.

SUPERMAN CELEBRATION: July 30-August 1, 2021 – MCDAC partnered with the Metropolis Fire and Police booth to hand out Drug Disposal Bags to the community. Thanks to the Metropolis Fire Department and Metropolis Police Department for collaborating with MCDAC, and also thanks to MCDAC volunteers Chief Harry Masse, Tracie Key, Geoff Crippen, Gary Hamm, Allen Aycok, Addison Aycok, Jaden Smith, Toni Miller, Patrick Windhorst, Steve Johnson, and staff Stacie Aycok and Holly Windhorst for working the booth.

YOUTH ADVISORY COUNCIL

The Youth Advisory Council (YAC) from Massac County High School began meeting in February after almost a year-long hiatus due to COVID-19. The YAC met monthly for the remainder of the school year and worked on a couple of projects. In March, they used sidewalk chalk to write vaping, alcohol, and drug facts on the sidewalks leading up to the high school. The group also provided input on a social norms ad for the athletic fields at MCHS which will go up during the 2021-22 school year. The YAC also worked on a billboard which went up in July on Highway 45 in Metropolis. Some of the members are featured on the billboard. YAC member Alexis Frazine volunteered to run the MCDAC Instagram account this year and created graphics and posts each week for the account.



We thank our YAC members for their work this school year and look forward to the upcoming year! Special thanks go to Alexis for her work on Instagram and Lily Conkle for serving as our Youth Sector Representative for the past two years.

2020-2021 YAC Members:

Elise Coakley
Libby Conkle
Lily Conkle
Alexis Frazine
Katie Frazine
Hannah Heine
Olivia Heine

McKinnley Korte
Abigail Martin
Reid Martin
Maci Miller
Bennett Neely
Natalie Owens
Sydney Wilke



MEMBER TRAINING

- **NATIONAL COALITION ACADEMY:** Completed in 2020 - Program Director Holly Windhorst and Project Coordinator Stacie Aycok were required to complete this training for the Drug-Free Communities grant. The training focused on community problem solving by using the Strategic Prevention Framework.
- **COMMUNITY ANTI-DRUG COALITIONS OF AMERICA (CADCA) FORUM:** February 1-4, 2021 – Program Director Holly Windhorst and Project Coordinator Stacie Aycok attended this leadership forum virtually. Included in the training was the



National Coalition Academy graduation, and also a virtual visit with Senator Dick Durbin to ask him to continue to support the Drug-Free Communities grant in Congress.

- **ILLINOIS CANNABIS FORUM:** June 22-24, 2021 – Program Director Holly Windhorst and Project Coordinator Stacie Aycock attended this virtual training put on by Prevention First. The topics were how the legalization of marijuana in Illinois is affecting public safety, youth, and the community.

MCDAC IN THE NEWS

WPSD – MCDAC was featured in 2 stories on WPSD this past year: one regarding the marijuana dispensary and one regarding Child Abuse Prevention month.

WMOK – WMOK aired a story about MCDAC and our Drug Disposal Bag program.

Metropolis Planet – The Planet has featured MCDAC in several stories this year including Red Ribbon Week and the Golf Tournament. The Planet and Southern Scene also print notices of our monthly meetings each month.

CADCA – MCDAC was featured in the Community Anti-Drug Coalitions of America (CADCA)'s national newsletter for the work we were able to do despite COVID-19 restrictions.

GRANTS/FUNDRAISING

DRUG-FREE COMMUNITIES (DFC) GRANT: MCDAC was awarded a DFC grant beginning December 31, 2019. We have been awarded \$125,000 per year for 5 years with matching funds required. The initial award is for five years and then we will have an opportunity to apply for five more years.

GOLF SCRAMBLE FUNDRAISERS: October 9, 2020 & May 28, 2021 – MCDAC held two golf fundraisers this fiscal year due to 2020's being postponed due to COVID-19. We had a record turnout for both events and want to thank every corporate and hole sponsor, along with the teams who participated. We also want to thank Steve Johnson, Morgan Holt, Steve Miller, Toni Miller, JR Conkle, Austin Elliott, and Stacie Aycock for their help in preparing and the day-of the events. We also want to thank Massac Memorial Hospital for providing cookies and volunteer lunches for the 2020 scramble. We also thank Legence Bank for providing water, sunscreen and hand sanitizer for both scrambles.



MONETARY DONATIONS

- Kiwanis Club of Metropolis
- Paul & Diane Karber
- Massac County Drug Forfeiture Fund
- Network for Good (Facebook Fundraiser)
- Lutheran Church of the Cross
- Steve & Toni Miller
- St. Paul Evangelical Lutheran Church
- Amazon Smile
- Ryder Johnson & Lucy Windhorst

Thank you for your support of MCDAC!

DONATE TO MCDAC

There are many ways to donate to MCDAC:

- **Mail:** MCDAC, P.O. Box 801, Metropolis, IL 62960
- **In person:** Our office is located at 506 Market in Metropolis
- **Online:** Visit www.massacdrugawareness.com
- **Phone:** Text MCDAC to 44-321
- **Amazon:** Enter "Massac County Drug Awareness Coalition" at smile.amazon.com when shopping Amazon to donate a portion of your purchases to MCDAC at no extra cost to you!

GOALS FOR 2021-2022

Some of our goals for 2021-22 include:

Build capacity among key stakeholders and community members by promoting the mission and activities of MCDAC.

Update our Community Assessment, Logic Model, Action Plan, Evaluation and Sustainability Plan using the Strategic Prevention Framework.

Implement Too Good for Drugs program in our local school districts.

Provide prevention information and education to parents and youth regarding alcohol and marijuana using a variety of methods, including our collaborations with Weekend Blessings and COPE Food Pantry.



Provide training for and expand our Youth Advisory Council and its projects.

Provide in-service trainings to teachers on various topics.

Continue with already established programs such as Red Ribbon Week, National Prevention Week, Truth & Consequences, Drug Disposal Bags, etc.

HOW CAN YOU HELP?

MCDAC 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 our 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
- Serve on the Executive Committee when openings occur
- Golf Tournament – recruit hole sponsors and teams (May)
- Trivia Night – recruit teams; grade answer sheets (November)
- Assemble Red Ribbon Week packets (October)
- Create content for social media
- Office work – make copies, fold flyers, laminate news articles, etc.
- Serve on Sustainability Committee
- Provide rides to inpatient treatment for our Rides to Recovery program
- Provide Drug Disposal Bags in your business or organization
- Create flyers with prevention information
- More opportunities will become available as the year progresses!

To volunteer and/or be added to our email list, contact Holly Windhorst, MCDAC Program Director, at massacdrugawareness@gmail.com or (618) 316-4472.

EXECUTIVE COMMITTEE 2020-2021

JIM CORRY (April 2021-present): Jim is a detective with the Metropolis Police Department. He has worked in Law Enforcement since March of 1994, serving with the Metropolis Police Department since August 2003, and was assigned to the investigations unit in December 2018. He moved to Massac County in December 2003. Jim attends Relevant Church in Paducah and serves on the music team. He is the father of three (two girls and a boy), and a grandfather of two.

CINDY DAVIS: Ms. Davis is retired from Southern Seven Health Department where she worked as a Health Educator in Massac County. 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, and smoking cessation. She has more than 20 years of experience in medical laboratory science. Cindy has been a resident of Massac County for over 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.

SUMMER DIXON: Mrs. Dixon is a deputy of the Massac County Sheriff's Office. She has been employed there since 2015. She is the liaison for the Sheriff Willy Bear Program that is provided to all elementary schools in Massac County. Mrs. Dixon is a member of the St. Stephen's Lutheran Church, and her family has resided in Massac County for the past six generations.

RICKEY GRIFFEY (August 2020-April 2021): Mr. Griffey is a Sergeant and Detective with the Metropolis Police Department. He has been assigned to the Southern IL Drug Task Force since September 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 two. He is a lifelong resident of Massac County.

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 through 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 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. 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.



THELMA HUNTER: Mrs. Hunter is a Licensed Clinical Social Worker and a 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 became a Licensed Clinical Social Worker and currently holds a private counseling practice in Paducah, Kentucky. 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 Les Easterday Award 2013, Massac County Helping Hands Award 2013, and Lois Lane Award 2015.



STAFF

HOLLY WINDHORST, PROGRAM DIRECTOR: Mrs. Windhorst moved to the Massac County area in 2007 to start her career as a probation officer. She has a Bachelor's degree in Criminal Justice and obtained a Master's Degree in Public Administration in 2012. She 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. In 2016, she received the Massac County Helping Hands Award.

STACIE AYCOCK, PROJECT COORDINATOR: Mrs. Aycock joined MCDAC as Project Coordinator in March 2020. She has over 8 years of experience in substance abuse treatment. Mrs. Aycock is passionate about working with the community and 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 is a resident of Paducah, Kentucky.

RANDALL RUSHING, BUSINESS OFFICIAL: Mr. Rushing resides in Metropolis with his wife, Kathy. They have two grown children, Zachary and Amanda and seven grandchildren. Randy received two Bachelor of Science degrees in Accounting and Finance and a Master's in Business Administration. Randy is self-employed as a CPA and very active in the community. He is a current board member of Shawnee Community College Board of Trustees, The Illinois Workforce Innovation Board, The Massac-Metropolis Port District, and the President of the Board of Southern Illinois Electric Coop.