

MASSAC COUNTY DRUG AWARENESS COALITION

ANNUAL REPORT 2021-2022



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

MESSAGE FROM THE 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.

We were fortunate this year to return to many of our normal activities, and I think everyone was ready! Our Youth Advisory Council was back in full swing and even went to a training in Washington, D.C. We also were able to implement Too Good for Drugs within the elementary schools, as well as get back to the Truth & Consequences program for 8th graders. We are looking forward to even more activities this year!

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
Director

Sector Representatives

Business

Chad Lewis

Civic

Dr. Stephen Miller

Government

Josh Stratemeyer

Healthcare

Clarissa Johnson

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 2020-2021

Our 2020–2021 Annual Meeting was held on Wednesday, August 19, 2021, at 8:00 a.m., in-person at Metropolis City Hall and virtually on Zoom. Accomplishments were shared and needs were discussed. Also, goals for the future were discussed including building capacity, updating data and goals, implementing Too Good for Drugs, providing prevention information to the community in a variety of ways, training for YAC, and continuing established programs.

Programs/ Events

WEEKEND BLESSINGS: September 2021–May 2022 – As a way to distribute information to the community, MCDAC collaborated with the Weekend Blessings program to provide a drug prevention flyer each month that is included in the food bags. Around 135 bags are delivered each week. We thank Sharon Burrus and the Weekend Blessings crew for allowing MCDAC to be involved in the program.

COPE FOOD PANTRY: Ongoing – 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.

RIDES TO RECOVERY: Ongoing – MCDAC volunteers continue to be available to provide rides to inpatient treatment. 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. We also want to thank everyone who is on the call list when a ride is needed.

NARCAN KITS: Ongoing – Egyptian Health Department has provided Narcan to MCDAC and the Metropolis Public Library to disperse to the public as needed. In turn, MCDAC has provided Narcan to both Massac County High School and Joppa Jr./Sr. High, as well as the Massac County Courthouse. The Library has given out many Narcan kits as well.



DRUG DISPOSAL BAGS: Ongoing – We have distributed 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.

SCHOOL SUPPLY DRIVE: August 6, 2021 – We continue to participate in the school supply drive sponsored by Harrah's and supported by many community organizations. We hand out pencils and highlighters, along with drug prevention information. We appreciate Chad Lewis, our Business Sector Representative, for the invitation to participate in this event. We also thank Steve Johnson, Don & Lonnie Cruse, and Geoff Crippen for working this event.

PENCILS, PRAYERS AND PRAISE: August 12, 2021 – It was the first year for this event held by a local group of teachers called Teachers United in Christ. We provided pencils to the students in attendance. We thank City National Bank employees Rhonda Denson and Doris Puckett for volunteering their time to help at the MCDAC table.

TOO GOOD FOR DRUGS: Fall 2021 and Spring 2022: MCDAC, partnering with Massac County Mental Health, achieved a long-term goal of implementing a prevention program for 5th and 6th graders. Evaluation of the pre and post tests shows that this program was successful in increasing student knowledge of the harms of alcohol, tobacco and other drugs. We want to thank Massac County Mental Health employees Angi Block, Xavier Brown, and Jess Martin for teaching the program, and Director Tina Martin for making time in her staff's schedule to implement the program.

RED RIBBON WEEK: October 25-29, 2021 – The theme for Red Ribbon Week this year was "Drug-Free Looks Like Me" 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 thank both the Massac and Joppa school districts for their help with Red Ribbon Week.



ONE PILL CAN KILL: Ongoing – Fake pills containing fentanyl are an emerging drug problem in our country, and in Massac County. MCDAC has rented a billboard, created brochures, and flyers, and also created paid social media ads to warn everyone in our community of this danger.

MARIJUANA ADVERTISEMENT FORM: Spring 2022 – MCDAC staff collaborated with the Illinois Prevention Network to create an instruction form that explains how to alert the State of Illinois if a dispensary or other business is not following the advertising restrictions that have been created to protect youth and are found in the Illinois Cannabis Regulation and Tax Act. The form can be picked up at the MCDAC Office.

PREVENT CHILD ABUSE EVENT: April 8, 2022: 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 held an event at the Massac County Courthouse large courtroom where the Governor's proclamation was read declaring April as Child Abuse Prevention Month, along with providing information and statistics about child abuse. We want to thank our speakers at this event: Tina Martin, Director of Massac County Mental Health; Amber Anderson, Prevent Child Abuse; Josh Stratemeyer, State's Attorney; Chad Kaylor, Sheriff; Harry Masse, Police Chief; and Lennis Smith, Massac Memorial CEO. Other events during this month were the Metropolis Police Department's digital message board displaying a prevention message, and Massac Memorial Hospital placing signs around Metropolis reminding citizens that it was Child Abuse Prevention month.

DRUG TAKE BACK: April 30, 2022 – The Metropolis Police Department and MCDAC held of DEA Drug Takeback Event this spring. We want to thank the Metropolis Police Department and our volunteers Lexie Collins, Toni Miller and Steve Johnson for working the event.



TRUTH & CONSEQUENCES: May 6, 2022 - After missing 2 years due to Covid, we were able to have this event again at Massac Junior High for 8th graders. Each student was given a scenario involving substance use and had to live out the consequences of the scenario. We also had presentations from Centerpoint Recovery, Dr. Johnathan Walters from Massac Memorial Hospital, and a debrief from Massac County Mental Health. Other agencies who participated were: Southern 7 Health Department, Massac County High School, First Circuit Probation, Circuit Judge Cord Wittig, First Baptist Youth Pastor Cliff Easter, Massac County State's Attorney Josh Stratemeyer, Massac County Sheriff's Department, Metropolis Police Department, Illinois State Police, Metropolis Drugs II, Loftus McManus Funeral Home,, University of Illinois Extension, Legence Bank, and the MCDAC Youth Advisory Council. We also had many volunteers who came to be stand-in "parents" for the day. We want to thank EVERYONE who helped to make this event successful as it takes around 70 volunteers!



ROLLING IN FAITH COLLABORATION: June 2022 - Rolling in Faith is a local non-profit run by a former YAC member, Hadley Stephens. They hold a camp to teach campers with disabilities new life skills and also do community service projects. One of the projects was putting MCDAC stickers on our Detera Drug Disposal bags. We thank Hadley and her crew for helping us out with the bags so we can distribute them to the community!

AT THE RIVER MINISTRIES: June 27, 2022 - MCDAC was a part of the At the River Ministries block party. We had a table with games and prizes, as well as prevention information. Thank you to Executive Committee member Toni Miller, Lucy & Leo Windhorst, and Director Holly Windhorst for working this event.

END OF THE SUMMER BASH: July 26, 2022 - MCDAC staff attended the End of Summer Bash for the summer reading group at the Metropolis Public Library. We were able to reach out to around 50 children and parents with prevention information at Washington Park. Thank you to Rosemary Baxter and the library staff for all the youth programs, as well as inviting us to be a part!

COMMUNITY EMPOWERMENT EVENT: July 30, 2022 - Mt. Horeb Church in Metropolis hosted a Community Empowerment Event where they taught life skills to young people. We passed out prevention information at this event. Thanks to volunteers Steve Johnson and Kate Kerley, along with DFC Project Coordinator Jasmine Robinson, for attending this event.

Member Training



Community Anti-Drug Coalitions of America (CADCA) FORUM: January 31- February 3, 2022: Program Director Holly Windhorst, MCHS teacher Molly Stratemeyer, and volunteer Johnathan Oberholz with YAC members Reid Martin, Bennett Neely, Cooper Stratemeyer, Grayson Quint, Tiara Talley, and Arrianna Talley. The youth attended the Key Essentials youth training to learn the process of how to make changes in our community. The group also met with representatives from Senator Dick Durbin and Representative Mike Bost's offices to let them know the issues in Massac County and also to ask them to support the Drug-Free Communities grant in Congress.

MCDAC IN NEWS

WMOK: June 8, 2022 - WMOK aired a story about our recent past and upcoming programs. We thank WMOK for interviewing us and always sharing our news with their followers.

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 in another competitive process.

TRIVIA NIGHT: November 19, 2021 - We had our 4th fun-filled night of trivia this year. We thank the teams who came out to support us. We also thank Cindy Davis, Steve Johnson, Patrick Windhorst, Carly Eskridge, Toni Miller, Johnathan Oberholz, and Jim Corry for volunteering their time to plan the event.

GOLF SCRAMBLE FUNDRAISERS: June 3, 2022 - We had a great turnout for our golf tournament and want to thank every corporate and hole sponsor, along with the teams who participated. We have many who come out year after year for this fundraiser and we appreciate it! We also want to thank Steve Johnson, Morgan Holt, Steve Miller, Toni Miller, Robbin McDaniel, and Lexie Collins for their help in preparing and the day of the events.

YOUTH ADVISORY COUNCIL

The Youth Advisory Council (YAC) from Massac County High School met monthly during the school year and worked on a couple of projects. The YAC worked on a billboard that was featured from July 2021 to April 2022 on Highway 45 in Metropolis. Some of the members are featured on the billboard. The YAC also did a cup message on the fence in front of the high school featuring their motto of the year "Be the Positive Influence." The YAC did two hat fundraisers where students could pay to wear a hat for drug awareness, the 2 days were in October and March. In March, they used sidewalk chalk to write vaping, alcohol, and drug facts on the sidewalks leading up to the high school. YAC member Natalee Owens volunteered to run the MCDAC Instagram account this year and created graphics and posts each week for the account.

YAC MEMBERS

Abigail Martin
Libby Conkle
Olivia Heine
Natalee Owens
Reid Martin
Hannah Heine
Katie Frazine
Bennett Neely
Cooper Stratemeyer

Grayson Quint
Ethan Goienes
Preston Summers
Luke Maurer
Logan Glidden
Luke Kenser
Brayson Avint
Brinsan Kingston
Elise Cookley
Ellie Rottman



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
- First United Methodist Church
- Travis Construction
- In Memory of Linda George
- Powers United Methodist Church

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 2022-2023

Some of our Goals of 2022-23 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.

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

Increase available recovery resources in Massac County.

Continue with already established programs such as Red Ribbon Week, National Prevention Week, Truth and Consequences, Too Good for Drugs, 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
- Hand out prevention information from our table at community events
- Serve on the Executive Committee when openings occur
- Serve as a "parent" at our Truth & Consequences event (May)
- 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
- 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 massacdugawareness@gmail.com or (618) 524-1393.

EXECUTIVE COMMITTEE 2021-2022

JIM CORRY: 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.

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.

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.

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.

MARY SMITH: Mary Smith has been in banking for nearly ten years and started her career with Banterra Bank in 2016, where she currently serves as the Metropolis Banking Center Manager. Mary, with the support of Banterra, prioritizes volunteering, promoting charities, and making financial contributions to support needs within Massac County. She's a Metropolis Chamber of Commerce Board Member and Kiwanis Club of Metropolis Club Member. Mary values her role with MCDAC and is dedicated to assisting with the prevention of drug and alcohol abuse in Massac County. Mary and Banterra Bank believe that when we support others, we all rise!

EXECUTIVE COMMITTEE 2021-2022

TONI MILLER: Toni is an LCPC (Licensed Clinical Professional Counselor) and RN (Registered Nurse). She is retired Clinical Director, Massac County Mental Health and Family Counseling Center. During her thirty-one years at MCMH, she provided outpatient therapy as well as crisis intervention services for youth and adults in the community-based setting. She currently serves as CASA (Court Appointed Special Advocate) with CASA of West Kentucky. The opportunity to serve has provided first-hand awareness of navigating life in our community as well as the impact of substance use disorders on both youth and their families. Her current community involvement includes serving on Massac Memorial Hospital Foundation Board, Massac County United Way, COPE Food Pantry, Week-End Blessings Food Ministry, James 127 Foster Family Support Ministry, Save the Massac Theatre and Life Membership, Girl Scouts, USA. She is a member of First United Methodist Church, Metropolis. With a strong commitment to the Coalition goal to reduce the impact of substance abuse on youth and families, she believes that education, prevention, and early intervention are essential tools for a healthy and hope-filled life. Ms. Miller has resided in Massac County since 1972. She and her husband, Stephen, have three children and five grandchildren.

THELMA HUNTER (2014-Jan. 2022): 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.

LEXIE COLLINS (June 2022-present): Lexie Collins has been in the insurance industry since 2016. She is a mother and the wife of Jacob Collins, a junior high teacher at Massac Junior High. She loves volunteering in the community and has a heart for addicted individuals and their families. Lexie has seen the effects of drug and alcohol in her family and friends and knows the ripple effects that it can cause. She had the chance to become a member of MCDAC and that as an opportunity to help promote change in our community and surrounding area.

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.

JASMINE ROBINSON, DFC PROJECT COORDINATOR: Jasmine Robinson is from Paducah, KY. She graduated with a Bachelor's degree in Sociology with an emphasis in Community Health and Sustainability from Georgetown College. She is starting her master's in Public Health at George Washington University.

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.



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