

# 2026-2027 PREVENTION RESOURCES



Serving Randolph  
& Washington  
Counties in Illinois

## **The Alliance**

Promotes healthy choices by offering education and/or training and by reducing unhealthy exposures. We further aim to eliminate racial, ethnic and socio-economic disparities that contribute to poor health.



## WHO WE ARE

Healthy Communities Alliance launched in March of 2023 as an expansion and rebranding of the Southern Illinois Substance Abuse Alliance (SISAA). The original Coalition began in 2016 with the goal to prevent alcohol use among teens. Over time, new partnerships were formed, additional grant funding was received, and building community support became a broader focus. In forming the new Alliance, Recovery and Support pillars were added to the initial Prevention pillar and Wellness opportunities were included across all three pillars.

## WHAT WE DO

**Prevention:** The Alliance promotes healthy choices by offering education and/or training and by reducing unhealthy exposures. We further aim to eliminate racial, ethnic and socio-economic disparities that contribute to poor health.

# School Based Prevention Resources

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**The programming listed below is available to our region.  
Not all programs are presented or funded by HCA.**

Contact [acraig@comwell.us](mailto:acraig@comwell.us) for funding questions

## School Curriculums



**TOO GOOD  
AGES K-12**

**DETAILS:**

Too Good cultivates positive outcomes through skills development in:

- Setting Reachable Goals
- Decision Making
- Conflict Resolution
- Effective Communication
- Problem Solving
- Pro-social Bonding
- Identifying and Managing Emotions

Too Good includes the resources necessary for interactive, social, and engaging implementation, including:

- Instructor-Friendly Lessons
- Fully Scripted Lesson Format
- Assessment and Evaluation Tools
- Social Interactive Activities
- Comprehensive Sequential Lesson Structure
- Strategies for Building Family and School Connectedness
- Family Component with Activities for Caregivers and Students
- Cross-curricular supplement activities

**RESULTS:** Area schools have used Too Good in the past five years with 7<sup>th</sup> and 8<sup>th</sup> grade students. Alliance evaluation indicates some declines in area teen drug misuse may be attributable to this resource.

**LEARN MORE:** <https://toogoodprograms.org/collections/too-good-for-drugs>



**Botvin LifeSkills  
Training  
AGES K-12**

**DETAILS:**

Topics covered include:

- Ways to talk to youth about drug and alcohol use
- Managing expectations around use
- Appropriate youth and parent behaviors in and out of the house
- Signs of abuse among peers

**RESULTS:** Demonstrated to be effective in reducing drug misuse.

Hoyleton Youth and Family Services, delivers this program to **Washington County** and other regional schools through a grant from the State. Trained Hoyleton staff deliver the lessons.

**LEARN MORE:** <https://www.lifeskillstraining.com/>



**Positive Action**  
**AGES K-12**

**DETAILS:**

Topics covered include:

- Self-concept
- Body and mind
- Managing self responsibly
- Honesty
- Self-improvement

**RESULTS:** Demonstrated to be effective in reducing drug misuse.

**LEARN MORE:** <https://www.positiveaction.net/#Home>

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**CATCH My Breath**  
**AGES 5<sup>TH</sup>-12<sup>TH</sup>**

**Constantine Charalab**  
Health Educator  
Randolph County Health  
Department  
618-826-5007 ext. 623  
[ccharalab@  
randolphcountyil.gov](mailto:ccharalab@randolphcountyil.gov)

**DETAILS:**

CATCH My Breath's peer-led teaching approach empowers students with the knowledge and skills needed to make informed decisions about e-cigarettes and resist social pressures to vape.

- Program is Free for Schools
- Trained Instructors listed can teach program to students
- Option for trained instructors to train teachers to teach program
- Schools who participate in program are eligible for vape detectors through the CATCH program

**RESULTS:** Informed by tobacco youth prevention researchers and practitioners, years of real world implementation, and a youth advisory board, it is the only school-based vaping prevention program proven to reduce the likelihood of vaping among youth.

**LEARN MORE:** <https://catch.org/>

**HOW HCA CAN HELP:** In Randolph County refer school staff to Constantine Charalab Randolph County Health Department to either provide training for teachers so they can provide the instruction or deliver the lessons.

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## School Wide Methods



### PAXIS: The Good Behavior Game

**AGES K-12**

#### **DETAILS:**

PAX improves classroom performance

Students in PAX Classrooms demonstrated...

- higher on Statewide Standardized Math and Reading test scores than their peers.
- higher reading levels than their peers.
- reduced need for Special Education Services.
- higher graduation and college entrance rates.

Teachers in PAX Classrooms demonstrated...

- higher efficacy in student engagement, instructional strategies, and classroom management.
- reduced stress after implementing PAX.
- PAX IMPROVES MENTAL HEALTH OUTCOMES

Students in PAX Classrooms demonstrated...

- remarkably fewer problematic behaviors.
- reduced risk for mental, emotional, and behavioral disorders.
- fewer symptoms of depression.
- fewer school-related injuries and symptoms of aggression.
- reduced rates of bullying.
- decreased suicide ideation and fewer attempts.

PAX improves substance use prevention

Students in PAX Classrooms demonstrated...

- decreased tobacco use.
- reduced alcohol use.
- decreased illicit drug including opioid abuse.
- less overall service use for drug abuse or psychiatric disorder.

**RESULTS:** Demonstrated to be effective in reducing drug misuse. Achieved 30% increases in time on task contributing too many academic and social benefits. PAX is an overall school and classroom environmental strategy.

**LEARN MORE:** <https://www.paxis.org/school-based-programming/>

## Other HCA Prevention Resources

These are either no cost or some Alliance prevention grant funds are allocated to support as noted. Generally, some match is required where a cost exists.



To schedule an HCA event or inquire about timing of an upcoming event, contact:

**Amy Craig**  
acraig@comwell.us

### Alliance Teen Summit

**Next Event: Fall 2026**

**DETAILS:** Student teams conducted a variety of prevention messaging and alternative activities in their schools in part due to these trainings.

**RESULTS:** Approximately 200 students from Chester, Coulterville, Red Bud, Steeleville, Sparta, Okawville, and Marissa have participated in local half-day leadership prevention teen trainings. Participation and feedback by school staff and students has been consistently strong. Schools report carrying out a variety of positive messaging and fun alternative activities.

**COST:** A commitment fee of \$10 per student and adult is requested to support lunch and refreshments.

### Prevention Assemblies

**Next Event: October 2026**

**DETAILS:** *Additional Program TBD*

**RESULTS:** Since the spring of 2022, Brent Swolsky, Kate Garnes, Kyle Wilkom, De'Marco Fomby, and Brittany Richmond have presented to middle and high school students in Chester, Coulterville, Red Bud, Steeleville, Sparta, Evansville, Prairie du Rocher, and Okawville. Feedback by school staff and students has been very positive.

**COST:** TBD based upon Alliance funding. A commitment fee of \$250 for each school will be requested.

### Mock Teen Bedroom

**Next Event:** Parent teacher conferences and opportunities where parents are gathered work best. *Contact Amy Craig to schedule your presentation.*

**AGES:** Parents/Guardians

**DETAILS:** Substance prevention education. Handouts are provided addressing how to talk with teens about drug misuse as well as images and written descriptions of commonly misused drugs.

**RESULTS:** Chester, Marissa, Red Bud and Sparta including Evansville, St. John's Lutheran School in Red Bud, Okawville, and Trinity St. John Lutheran School in Nashville have hosted Mock Teen Bedrooms that demonstrate how teens hide drugs.

**COST:** No Cost



## Ending the Silence

**Next Event:** Contact Rhonda Wilson to schedule your school's event.

**AGES:**  
**High School**

**Rhonda Wilson**  
rrw\_62288@yahoo.com

**DETAILS:** Rhonda Wilson, local NAMI staff and Alliance Chair, coordinates delivering a school program addressing the stigma of seeking help regarding mental health issues. These programs are available for schools in Randolph County, IL.

**COST:** No cost

**LEARN MORE:** <https://www.nami.org/Support-Education/Mental-Health-Education/NAMI-Ending-the-Silence>



## Operation Snowball

**Next Event:** January 2-Day Conference 2026, July One-Week Conference 2026

**AGES:**  
**Middle and High School**

**Amy Craig**  
acraig@comwell.us

**DETAILS:** Student leadership training.

**RESULTS:** Sparta, Okawville and Red Bud students have participated and have created impactful alternative activities and positive messaging campaigns.

**COST:** Approximately \$200 January and \$500 July. Final costs TBD by conference organizer and status of HCA grant applications. Contact Amy Craig for info about additional scholarship through Operation Snowball.

**LEARN MORE:** <https://cg-ti.org/summer-conference>



## LifeSavers Training Corp.

**AGES:** High School

**LSTC Executive Director**  
executivedirector@  
lifesaverstrainingcorp.org

**DETAILS:** LifeSavers is a peer-support suicide and crisis-prevention program designed to help teenagers cope healthfully with the challenges of drugs and alcohol, peer and family relationships, sexual issues, academic problems, aggression, anxiety, and suicide. LifeSavers is a recognized student organization in several high schools in southern Illinois, which have chosen to be pro-active in caring for their student population.

**RESULTS:** Coulterville, Nashville, and Sparta students have participated in the past and created effective peer support programming.

**COST:** HCA's level of financial support is TBD, to sponsor students at a training retreat.

**LEARN MORE:** [www.lifesaverstrainingcorp.org](http://www.lifesaverstrainingcorp.org)



## Challenge Day

**DETAILS:** Organization offers services to create a day of student activities addressing the various life challenges faced by middle and high school students.

**RESULTS:** TRICO is a regular participant in Challenge Day

**AGES K-12**

**COST:** HCA's level of financial support is TBD.

**LEARN MORE:** <https://www.challengeday.org/>

## Health and Nutrition Resources



U of I Extension  
**AGES K-12**

*extension@illinois.edu*

**DETAILS:** The University of Illinois Extension provides free, engaging lessons and resources to support learning standards and school wellness through their SNAP-Education program. They offer a variety of programs that are available for the classroom or outside of school hours to schools where more than 50% of the students receive free and/or reduced school lunches. Extension provides the educators

### **ELEMENTARY SCHOOL LESSONS:**

#### IN THE CLASSROOM

- **The OrganWise Guys** (K-2nd), evidence-based program that uses fun organ characters to teach children about making healthier choices.
- **Serving Up MyPlate** (1st-6th), Incorporates math, science, English language arts, and health into the nutrition education lessons.

#### OUTSIDE OF SCHOOL HOURS

- **CATCH Kids Club** (K-5th), afterschool program that encourages healthier eating habits and physical activity.
- **Healthy Kids Out of School** (4th-5th), teaches youth how to choose healthy snacks and drinks, and provides motivation to move more.
- **Illinois Junior Chefs** (ages 8-13), a 10 hour series of cooking classes and nutrition education.

### **MIDDLE AND HIGH SCHOOL LESSONS:**

- **Eat Fit** (5<sup>th</sup>-8<sup>th</sup>), curriculum for the classroom where students are guided in setting goals to improve their nutrition and fitness choices with a focus on skill building and social support.
- **Teen Cuisine** (5<sup>th</sup>-12<sup>th</sup>), includes a student workbook with recipes and teaches healthy eating habits and cooking skills.

### **ADDITIONAL RESOURCES:**

- **EatPlayGrow** (Preschool/Parents), together they learn about healthy choices using art, stories, and music.

**COST:** Free



**AGES K-8**

**Cherie Wright**  
SIH School Health  
Coordinator  
618-457-5200  
*Cherie.Wright@sih.net*

**DETAILS:** CATCH PE Journeys is an evidence-based, developmentally appropriate, physical education curriculum that teaches physical literacy, movement skills, physical fitness, social-emotional learning, skill competency, and cognitive understanding about the importance of lifelong physical activity. PE Journeys instruction is standards-aligned and designed to promote enjoyment and participation in moderate-to-vigorous physical activity (MVPA) while emphasizing non-elimination games for K-8 children of all skill levels and physical abilities.

**RESULTS:** PE Journeys provides both PE specialists and classroom teachers with the information and materials needed to successfully develop and implement a quality physical education program, in accordance with sound physical activity, pedagogy, and social learning theory. Studies have shown increased MVPA, improved math and reading achievement, and lasting healthy habits.

**LEARN MORE:** [www.catch.org](http://www.catch.org)

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**4-H**

**AGES: 5-18 years**

**Randolph County**  
**Landon Chandler**  
(618) 443-4364  
*LC12@illinois.edu*

**Washington County**  
**Amanda Fox Clark**  
618-327-8881  
*abfox@illinois.edu*

**DETAILS:**

Through 4-H, young people complete hands-on projects in areas like health, science, agriculture and citizenship in a positive environment when they receive guidance from adult mentors and are encouraged to take on proactive leadership roles.

**COST:** \$20 annual fee. Contact Landon for Randolph County fee waiver if needed.

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**Randolph County  
Farm Bureau  
AGES: 3<sup>rd</sup> Grade**

**Alexis Birrittier**  
aitc@rcfb.org  
618-477-1522

**DETAILS:**

Ag in the Classroom teaches 3<sup>rd</sup> grade students various lessons on agriculture that are hands on and can tie lessons into the teacher's curriculum. Ag in the Classroom provides:

- A coordinator in the classroom to teach lessons
- Lesson plans for teachers
- Training for teachers
- Take home materials for students

**EXPECTED RESULTS:** The goal of this free program is to teach students about where their food comes from and career opportunities in agriculture.

**COST:** Free

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**Scouting America  
Greater St. Louis  
Area Scouting**

**AGES:  
Kindergarten-  
21 Years of Age**

**DETAILS:**

Scouting America's programs are age based and provide a fun learning experience. Older Scout programs are centered around Leadership and Character building, while Exploring is job focused in over 20 different curriculum-based career programs.

- Cub Scouts – K-5th Grade
- Scouts BSA – 11y-18y Age
- Venturing – 14y-21y Age
- Sea Scouts – 14y-21y Age
- Exploring – 10y-21y Age (Job Focused)
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**COST:** \$85 in all programs except Exploring yearly - \$50 for Exploring yearly  
Financial Aid available for both membership and camp experience.

**LEARN MORE:** <https://stlbsa.org/join-now/>

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**Other Youth  
Programs and Clubs**

- **Future Farmers of American (FFA)** – Annual Membership (<https://www.ffa.org/>)
  - **School/Community Gardening**
  - **Art Clubs and Classes**
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This product is supported by the Office of National Drug Control Policy (ONDCP) and the Centers for Disease Control and Prevention (CDC) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award funded by ONDCP. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ONDCP, CDC/HHS, or the U.S. Government.