

Mundelein Community

RESOURCES FOR YOUTH

Research shows that the more teens are engaged in creative activities, programs, sports, the faith community, and/or serving their community, the more likely they are to grow up to be healthy, caring, and responsible individuals. These developmental assets can help protect our teens from engaging in substance abuse and other high-risk behaviors—allowing them to thrive! Below is just a sample of the many opportunities that exist in our community to help our teens stay happy, healthy, and drug-free. To learn more about the 40 developmental assets, please visit www.search-institute.org.

SPORTS

Soccer
ayso.org
mundeleinsoccerclub.com

Mundelein Baseball and Softball Association
mbsaonline.org

Mundelein Swim Club
teamunify.com

Mundelein Park District
Mundeleinparks.org

Martial Arts
Mundeleinmartialarts.com
kimartialarts.net
lakecountybjj.com

Lake County Stallions - lcstallions.com
 Football, lacrosse, and cheer

THE ARTS/FAITH

Kirk Players (Theater Group)
Kirkplayers.com

Spotlight Youth Theater
spotlight.org

Youthage Culinary School
youthageculinary.com

Elite Dance Ltd
elitedanceltd.com

Mundelein Park District Offers instruction in dance, music, and creative arts.
Mundeleinparks.org

Faith Based Youth Groups
 The Chapel - chapel.org
 New Hope Christian Fellowship—newhopecf.net
 Santa Maria Del Popolo - smdpparish.org
 St. Andrews Lutheran - standrewmundelein.com

VOLUNTEERING

For more opportunities contact local groups and organizations.

Condell Medical Center
Advocatehealth.com/Condell-volunteer

Mundelein Community Connection
mundeleincommunityconnection.org

Fremont Library Impressive Teen Program
Fremontlibrary.org/teens

Mundelein STAND-UP
 High School students can get involved and gain valuable leadership skills while helping their peers stay in the MAJORITY of those who are drug and alcohol free. mundeleinstandup.org

Mundelein Park District
mundeleinparks.org

YOUTH ORGANIZATIONS

Mundelein Police Explorers Program
mpdexplorers.weebly.com

Junior Police Academy (6-8th grades)
police.mundelein.org

Boy Scouts of America
 Northeast Illinois Council. neic.org

Girl Scouts of America
girlscoutsgcnwi.org

Youth Advisory Board of the Lake County Underage Drinking and Drug Prevention Task Force.
www.drugfreelakecounty.org

Ela Township Youth Programs
Elatownship.org/youth-programs

4H - Local groups in Mundelein
<http://web.extension.illinois.edu/lm/lake4h/>



For more information about STAND-UP, please call Don Hansen, Deputy Chief of the Mundelein Police Department, at 847-968-4600 or email info@mundeleinstandup.org

Website: www.mundeleinstandup.org
Facebook: www.facebook.com/mundeleinstandup

RESOURCES

ONLINE RESOURCES FOR PARENTS

Partnership for Drug-Free Kids - <http://www.drugfree.org/think-child-using/your-first-step-ask/>
Access the website for an on-line tool kit and videos that take you through the steps of what to do if you think, or know, that your child may be using drugs and/or alcohol.

Substance Abuse and Mental Health Services Administration - www.samhsa.gov
For free resources or referrals to treatment, visit SAMHSA website to download information or to speak to someone, call the help line. 1-800-662-HELP, 24 hours a day/7 days a week.

Talk. They Hear You - www.samhsa.gov/underage-drinking
SAMHSA's underage drinking prevention campaign helps parents and caregivers start talking to their children early about the dangers of alcohol.

National Institute on Drug Abuse - www.drugabuse.gov
This website has information that all parents should know about drugs as well as resources for those individuals and families who are suffering from addiction.

Marijuana Toolkit for Parents - <http://www.drugfree.org/?s=marijuana+toolkit>
Between marijuana legalization, the normalization in pop culture and new ways of using (edibles, vaporizers, concentrates), it's becoming more complicated for parents to talk to their teens. This guide is an excellent resource to help parents and adults with those conversations.

Search Institute's Tips and Relationship Builders - www.search-institute.org
Offers ideas and activities parenting adults can use to build development relationships in their families.

RESOURCES FOR TEENS

Above the Influence - www.abovetheinfluence.com
To help teens stand up to negative pressures, or influences, including the pressure to use drugs and alcohol. The site also has information and resources for teens needing help for themselves or friends.

NIDA for Teens - www.teens.drugabuse.gov
Information for teens including many highly engaging multimedia activities that cover the basics of drug use as well as more sophisticated neuroscience topics.

Text-A-Tip
Text-A-Tip is a 24/7 anonymous text-communication system for youth who need emotional support. Once you send a message through Text-A-Tip, within seconds, you will receive an automated response, and within minutes a mental health counselor will respond to your text. While the line is intended for crisis situations, you do not need to be in crisis to use the service. You can also use Text-A-Tip if you have concerns about a friend or loved one and need support in getting them help.

Text: LAKECO (and your message) to the number 274637.

LOCAL RESOURCES

Nicasa Behavioral Health Services - www.nicasa.org
Nicasa's programs provide a full continuum of mental health and substance abuse services from prevention, to early intervention and treatment, to recovery. Nicasa also has programs to help address family needs including family advocacy and parenting programs. Need help and don't know where to start? Call 847-546-6450.

Prescription Drug Disposal - www.drugfreelakecounty.org
More than 4 in 10 teens who have misused or abused a prescription drug obtained it from their parents' medicine cabinet. You can dispose of any old, outdated, or unused prescription drugs at the Mundelein Police Department at 221 N. Lake Street. Visit the website for additional drop-off locations.

Mundelein STAND-UP - www.mundeleinstandup.org
The STAND-UP task force is a community coalition focused on preventing substance abuse problems and other related issues in our community. Visit the website to learn more about how you can get involved!

A Way Out - awayoutlc.org/about/
A program available 24/7 at participating police departments designed to fast track users seeking assistance to substance abuse programs and services without criminal charges for those in possession of narcotics or paraphernalia. Mundelein Police Department participates in the "A Way Out" program.