



of New Trier Township Schools  
"Building Confidence and Connections"

# Family Awareness Network Presents: April--Alcohol Awareness Month

## *Programs for Parents with Teens & Going-to-be Teens*

*Three programs: each addresses a different aspect of this compelling concern facing our teenagers and pre-teens. Join us to get educated and be ready to take action.*

**Programs will be held at New Trier High School's Northfield Campus, 7 Happ Road Building C, Room 234**

*Free public parking on west side of Happ Rd. All programs are free and open to the public.*

### **Growing Up Healthy in the 21st Century: Behaviors and Perceptions of New Trier High School Students**

**Thursday, April 12<sup>th</sup> from 7:00 - 8:15 pm**

**Presenters: Kristine Schmitt (Student Assistance Coordinator), John Gilchrist (Kinetic Wellness interim chair), and Marianne Nelson (Kinetic Wellness)**

Learn the local results of the most recent biennial Youth Risk Behavior Survey (prepared by the Centers for Disease Control) and the corresponding Perception Survey. Hear what our teens are reporting regarding Alcohol, Tobacco & other drugs (Substance Abuse), Nutrition, Physical Fitness, Mental/Emotional Health, Personal Safety, and Healthy Sexuality. Understand how New Trier is acting on this information and what community resources are available to our kids.

### **From Binge to Blackout Mother and Son Team, Chris and Toren Volkmann Wednesday, April 18<sup>th</sup> from 12:45 - 2:30 pm**

The mother and son team of Chris and Toren Volkmann tell the tale of a son who plunges into the abyss of alcoholism and a mother who struggles to help him. Through the Volkman's experience, you will learn why underage drinkers do not want to quit; what communities can do to help these underage drinkers think before bingeing; and better ways to communicate about alcohol and its risks among youth, parents, and communities. The binge-drinking scene will be considered from the side of the abuser and the perceived stigma that blocks seeking help. You will hear parents' fears and frustrations in reaching out to their kids and understand how powerful parental influence is to your teen's decision-making about alcohol. Chris and Toren Volkmann have told their compelling story on CBS, *The View* and at numerous conferences and school appearances.

### **Alcohol and the Adolescent Brain**

**Aaron White, Ph.D.**

**Assistant Professor, Dept. of Psychiatry, Duke University Medical Center**

**Wednesday, May 2<sup>nd</sup> from 12:45 - 2:30pm**

Alcohol and other drugs impact brain function and behavior differently during adolescence than during adulthood. Learn the latest research findings regarding adolescent substance use, adolescent brain development, and the impact of alcohol on adolescent behavior and brain function. Dr. White will explain strategies for using this information to educate and intervene in adolescent alcohol use. A biological psychologist, Dr. White helped create a successful and effective online alcohol education course for college students, *AlcoholEdu*, which has been completed by more than 500,000 students; he has also worked with Mother's Against Drunk Driving to create education and prevention programs for both elementary school children and high school students. He has presented on this topic on ABC, CBS, CNN, NPR and PBS.

*This program will also be presented the evening of Tuesday, May 1<sup>st</sup> in Lake Forest by LEAD, [www.leadweb.org](http://www.leadweb.org).*

For more information, please visit our website at [www.fan-ntts.org](http://www.fan-ntts.org)