

CHEMICAL HEALTH INITIATIVE OF GOODHUE COUNTY
SUPPORTING PARISHIONERS & YOUTH
THROUGH FAITH



GOODHUE COUNTY CHI FAITH SECTOR

What can your Faith Organization do to help your parishioners and the community stay healthy and safe?

If you light a lamp for someone else, it will also brighten your path.



Faith-based organizations and youth groups give youth rich opportunities for identity development, learning to regulate their emotions, and developing positive relationships with peers and meaningful connections with adults.

The University of Illinois conducted a study of 2,000 11th graders. The teens in the study rated faith-based youth groups higher than sports, performance and fine arts groups, academic clubs, service groups, and community-oriented activities such as scouting, said the researcher.

"Youth reported frequent personal and social growth experiences across these activities, but they reported them most often in religious youth groups," he said.

As we look at ways to support our Goodhue County Communities, their residents and youth, we know that we can make a difference by

educating and creating awareness about the dangers of drugs, alcohol and tobacco along with provide support to our community members. We can do this in various ways by evaluating what we are doing today and enhancing those programs to include information on chemical health to promote healthy and safe decisions.

How can our Faith Communities get involved?

This can be accomplished in various ways. For larger organizations, it may be establishing a Youth Mentor program or incorporating chemical health curriculum into your Sunday School, Confirmation or Youth group programs. In small to medium size organizations it may come in the form of:

- ☞ Periodically including chemical health topics and information into your sermons.

- ☞ Inviting a local expert to come speak about chemical health.
- ☞ Highlighting Chemical Health in the Adult Form and Bible Study Groups.
- ☞ Having resource guides and information available for parishioners.

The CHI is here to help provide options that fit your organization best. Visit our website for more information or contact us and we would be happy to discuss!

Did you know...

"The median age at which Children begin drinking in Goodhue County is around 12.5 years old."

"Youth who drink before the age 15 are six times more likely to develop alcohol dependence than those who begin drinking at the age of 21."

"Kids who learn about the risks of marijuana and other illicit drugs from their parents and other caregivers are far less likely to use drugs."

Together, we can make a difference by each doing our part in creating awareness in efforts to keep our kids, families and communities safe!



"Faith is taking the first step even when you don't see the whole staircase."

Healthy Kids ~ Healthy Families ~ Healthy Communities

We welcome faith leaders to participate in our CHI faith leader meetings. We meet once per quarter for approximately 1 hour. We welcome your input and ideas! If you are interested in participating or offering suggestions, please contact Stacy Larson, CHI Community Prevention Director/IT Manager at (651) 385-3307 or via email at stacy.larson@chi-goodhue.org



For more information, visit our website at:

www.chi-goodhue.org

Faith based resources can be found at:

<http://www.chi-goodhue.org/faithbasedorgs.php>

Coming soon...Faith Resource Page including sample lesson plans, activities suggestions, faith based prevention programs and local resources. If you have programs that you would be willing to share with other faith organizations, please contact Stacy Larson.