



TEECH FOUNDATION

October Newsletter

October was Breast Cancer Awareness Month

Most of us have been impacted by cancer in one way or another. We are acknowledging Breast Cancer this month with hopes of everyone getting themselves checked out.

For nearly four decades now, the country has recognized October as National Breast Cancer Awareness Month. It is a time annually devoted to educating everyone about breast cancer – including metastatic breast cancer (MBC) – and the importance of early detection and access to timely, high-quality care.

BREAST CANCER AWARENESS

1 in 8 women will be diagnosed with breast cancer in her lifetime. That's one person every 2 minutes in the U.S.

The two most common risk factors of breast cancer are being born female and getting older.

In 2022, it is estimated that nearly 44,000 people in the U.S. will die from breast cancer.

Know Your Risk

Knowing your family history is lifesaving. Talk to a doctor about your family history and see how that history impacts your risk of breast cancer. You and your doctor can create a personalized plan to monitor for signs of the disease.

Get Screened

For those at average risk, have a mammogram every year starting at age 40. If you have any signs of breast cancer, finding it early and treating it early may save your life.



Know Your Normal

It's important to know what's normal for you so you can talk with your health care provider if something doesn't look or feel right.

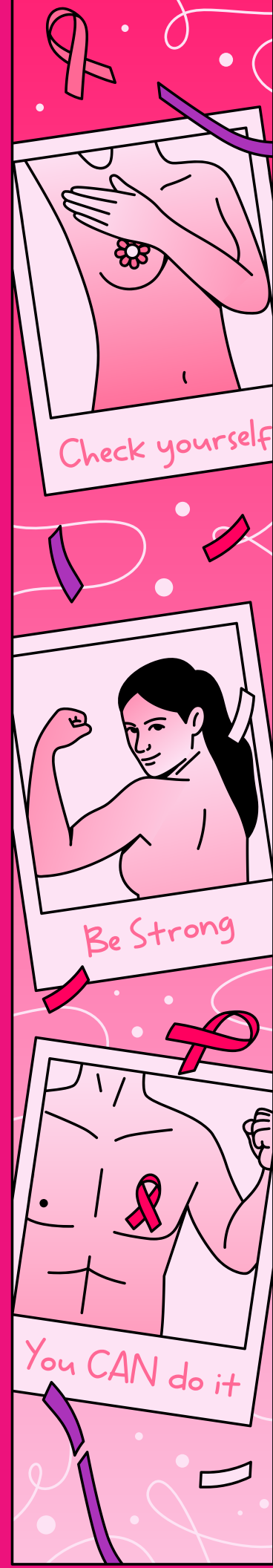
Make Healthy Lifestyle Choices

Living a healthy lifestyle is within your control and may lower your risk of breast cancer. Maintain a healthy weight, limit alcohol intake and exercise regularly. It all matters when it comes to your overall health and risk of disease.

Take Action

There are many ways you can join our fight to save lives. Whether it's by supporting one of our generous corporate partners; becoming an Advocacy Insider; fundraising through the Race for the Cure, MORE THAN PINK Walk or our Komen 3-Day; participating in a fundraising challenge on Facebook or creating a fundraiser of your own that is meaningful to you, your support can help us take action to invest in research and help those facing breast cancer today..

<https://www.komen.org/about-komen/our-impact/breast-cancer/breast-cancer-awareness-month/>



Youth Substance Use Prevention Month and Substance Misuse Prevention Month



October is Youth Substance Use Prevention Month and Substance Misuse Prevention Month. This year, we're celebrating the 10th anniversary of "Talk. They Hear You. ®" and looking ahead to SAMSHA's 20th Prevention Day.

Addiction continues to target our youths. We are having an overwhelming number of youths dying from overdoses. However, we struggle with getting them the assistance needed to allow for the recovery process. What we are facing needs to be approached differently in our recovery approach if we are to reach the youths. While substance use disorder remains a leading cause of morbidity and mortality for young adults, low rates of treatment engagement and retention persist. One explanation is that substance use disorder treatment approaches do not match young adults' expectations for recovery. While the concept of recovery has been explored among adult populations, less is known about how young adults think about recovery. Some studies suggest that young adults may have different conceptions of recovery and need different support than adults in recovery.

Youth Substance Use Prevention Month and Substance Misuse Prevention Month Continue



In prior qualitative work, adolescents (14-18 years old) perceived a lack of fit in traditional Alcoholics Anonymous and Narcotics Anonymous spaces where group attendees were much older (average age of members is 48 years old), 22 and recovery-focused discussions about severe medical complications of substance use, parenthood, and employment did not resonate with where adolescents were developmentally.¹⁸ In another study of 12-24 year old's in SUD treatment, youth described recovery as the choice to make better decisions. In that study, youth linked their substance use to their current life phase, one that they would grow up and out of given their younger age. They disagreed with a chronic disease treatment model and felt that it implied they did not have control over their actions.

A necessary step in developing treatment models that resonate with young adults is to understand what goals this age group has for their recovery and create models of evidence-based wraparound care that meets the needs of the young adult age group served. The low rates of treatment engagement and retention and lack of understanding of how young adults think about recovery highlight a need to create developmentally appropriate treatment models. Like "recovery," the construct of "treatment" is broad; for the purposes of the current analysis, treatment is used to refer to the constellation of evidence-based pharmacotherapies, psychological and psychiatric supports, and other activities involved in recovery, including mutual support groups and job skills training.



CONFERENCES AND COMMUNITY ENGAGEMENT

ROSC Conference Springfield Illinois



Statewide ROSC Conference 2023

#ILRecoveryBelongs

CHILDREN COAT DRIVE AND HAIR CUTS- TEECH/FSSRI AND CLARITY CLINIC



Community Resources

18th Ward Alderman Derrick G. Curtis Presents

Turkey & ham GIVEAWAY

18 WARD
ALDERMAN
DERRICK G.
CURTIS—HOST

SATURDAY, NOVEMBER 18, 2023
10AM— 12NOON

If you would like to become a participant
of this event, please follow the instructions below.

18TH WARD RESIDENT ONLY REGISTRATION

1—Per household In Person ID
required for registration

8359 S. PULASKI ROAD CHICAGO, IL 60652

**YOUR CHOICE OF HAM OR
TURKEY NO EXCEPTIONS!**

18th Ward resident registration starts
November 8, 2023 Registration Ends
November 15, 2023

We would like to wish you a warm and prosperous Holiday season. In our
continued efforts to assist those who are faced with strenuous economic times,
I will be partnering with Transformation Church, Liberty Temple Full Gospel
Church and many more other supporters to host a Turkey & Ham Drive

PASTORS
ROBERT
& JACKIE
MARSHALL
Transformation
Church International

APOSTLE
SHERAINE
LATHON
Liberty Temple
Full Gospel Church

Sponsored by: Park Packing Co. Inc.

7711-23 S. KEDZIE AVE. CHICAGO, IL 60652

FOR MORE INFORMATION CALL 773.284.5057

Community Resource Continued



CALVARY COVENANT
— CHURCH —

Senior Resource Fair

Come join us!!!

Community Care Partners:

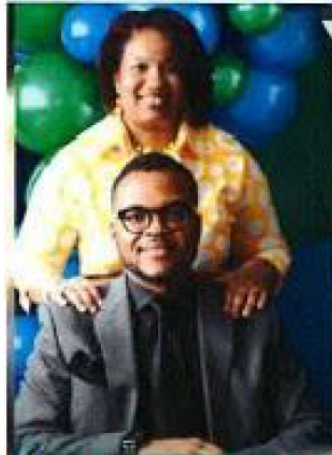
Path lights, Metropolitan Family Services, Jen-care Health Service Providers, the City of Chicago, the VA Hospital and Catholic Charities will be here to serve you.

WHEN: October 21, 2023,

TIME: 11:00 am-4:00 pm

WHERE: 8056 S. Maplewood Chicago, IL

RSVP: info@calvaryccchicago.org



Church leaders: Pastor Antony and Lady Brystish Thomas

SAVE THE DATES

Turkey and Trimmings Giveaway

11/18/2023

Joy Life Center

Donations Needed

9401 S Oakley

Unhoused Individuals Drive

Distribution Day 12/03/2023

Donations will be taken to unhoused sites to be distributed.

Donations Accepted

New Blankets, Hats, Scarfs, Gloves, Personal Hygiene Items

Drop off or pick up.

(224) 406-3798

Toy Giveaway

Annual Toy Drive

December 16, 2023

Robbins Park District, TEECH, FSSRI

Toys/Coats/Hats/Personal Hygiene

Drop off 1750 W 103rd Street.

Pickup - (224) 406-3798

12:00 a.m. - 3:00 p.m.

13650 Claire Blvd

Robbins Illinois

Reminder! Help Is Here!

THE ILLINOIS HELPLINE FOR OPIOIDS AND OTHER
SUBSTANCES

Call 833 - FINDHELP/ (833) 234-6343 or text "HELP to 833234.
Available 24/7, 365 days a year and is completely FREE.



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TEECH continues to distribute Narcan and host trainings.
In need of Narcan or training? Contact TEECH

988 Suicide and Crisis Lifeline

People can call, text, or chat the number, and be routed to counselors of the
National

We Want You to Know

Recovery requires a lifelong commitment and looks different for everyone.
Standing by a loved one as they fight substance use disorder can be
challenging, but you can help them in their recovery when you see the person,
not just their addiction. <https://www.in.gov/recovery/know-the-facts/>



Far Southside ROSC Initiative Community Meetings

We come together to address addiction, recovery, family, friends, and community concerns and issues and also to educate and network. You are invited to attend the monthly ROSC meetings every 4th Monday of the month from 10:00 a.m. to 12:00 p.m. Location: Bethany Union Church 1750 W 103rd Street, Chicago, Illinois 60643 or Zoom.

Call to Action:

Chicago's violent crime rate is 164% above the US average. The murder rate is four times above the national average, with other violent crimes being more prevalent than in other average cities.

Crime in Chicago overall has increased during the past five years by nearly 20%, according to an official report by the Chicago Police Department. The year-over-year change in crime was even greater last year. Between 2021 and 2022, overall crime in Chicago increased by 41%, after overall crime had decreased each year in 2019 and 2020 and slightly increased in 2021.

Chicago's extreme gun violence has been described as an epidemic- where gang-related shootings are often spontaneous and unpredictable.

This call to action from TEECH emphasizes the need to treat enhancing the quality of life as a community epidemic. Please visit our website to view our community involvement and while you are there please donate.

www.teechfoundation1.org.

Please call or email TEECH for all donations (224) 406-3698 or email: drkwhite@teechfoundation.net, or donate through our website

www.teechfoundation1.net.



AND CONNECT WITH US ON SOCIAL MEDIA



teechfoundation1



www.teechfoundation1.org



teechfoundation



drkwhite@teechfoundation.net

Vision

T.E.E.C.H Foundation's vision is to continue fighting the fight of addiction by building a platform of unity and resources through advocacy and education with the goal of sustaining long-term recovery. T.E.E.C.H strives to build communities that no longer fear or stigmatize the recovering or mentally challenged person but treats them with dignity and respect; therefore, offering services to make this vision a reality.

Mission

To dispel fear and enhance the love of self and others through the vehicle of education for the recovering person and community; embracing the philosophy, "If it's to be, it is up to me". T.E.E.C.H believes recovery is comprised of countless pathways that contribute to a healthy quality of life for those who are seeking long-term recovery.