



News Release

(630) 221-7029

PLT Organizations

360 Youth Services
 Advocate Health
 Alliance Against Intoxicated Motorists
 Breaking Free
 Building Parent Connections
 Carol Stream Police Department
 College of DuPage
 District 87 Schools
 Downers Grove Township
 DuPage County Health Department
 DuPage County Juvenile Probation
 DuPage Metropolitan Enforcement Group
 DuPage Regional Office of Education
 Glen Ellyn Police Department
 Hanover Police Department
 Heritage Health
 Hinsdale Fire Department
 Illinois State Police
 Latino Treatment Center
 Linden Oaks Behavioral Health
 Lions Clubs International
 Lisle Township
 NAMI DuPage
 National Guard
 Northeast DuPage Family and Youth Services
 Northwestern Medicine
 On Balance Parenting
 Parents and Teens Together
 Robert Crown Center
 Rosecrance
 Samaritan Interfaith
 Streamwood Behavioral Health
 Teen Parent Connection
 Village of Carol Stream
 Warrenville Youth and Family Services
 WeGo Together for Kids
 YWCA

September 2, 2021

FOR IMMEDIATE RELEASE

Teens Can “Leave Their Mark” by Joining Reality

DuPage County—All DuPage County high school students are invited to join Reality IL, which serves as the Teen Board to the DuPage County Health Department and DuPage County Prevention Leadership Team. Reality is composed of high school students from across several public and private schools who work together with the community to make a lasting impact on the lives of youth. This is achieved through education and the promotion of policy changes that reduce youth substance and tobacco use and increase mental wellness.

Reality meets once a month during the school year from 6:00 p.m. to 7:30 p.m. Meetings are scheduled to take place in person with safety precautions in place, but three meetings throughout the year will be held virtually.

“Reality is a great way to have fun, build leadership skills, enhance a resume, and make a difference! Any high school students who have an interest in mental health, wellness, and substance use prevention are encouraged to join,” said Gilda Ross, the Leader of Reality.

Reality’s meeting schedule for the 2021-2022 school year is listed below.

date	topic	registration
September 7, 2021	Coach Pat Donohue - Healthy Habits to Start the Year Off Right	IN PERSON at the Dist. 87 Office
October 5, 2021	Human Performance Project - The importance of sleep, nutrition, and substance use prevention	VIRTUAL register at: www.DuPagePLT.org/Reality
November 2, 2021	Teen Stress Relief Workshop	IN PERSON at the Dist. 87 Office
December 14, 2021	Mental Health	IN PERSON at the Glen Ellyn Public Library
January 4, 2022	Tobacco / Marijuana / Legislative Updates	VIRTUAL register at: www.DuPagePLT.org/Reality
February 1, 2022	Yoga / Check in on Resolutions	IN PERSON at the Dist. 87 Office
March 8, 2022	Nutrition	IN PERSON at the Dist. 87 Office
April 5, 2022	Alcohol Awareness and Sticker Shock	IN PERSON at the Dist. 87 Office
May 10, 2022	Motivational Speaker	VIRTUAL register at: www.DuPagePLT.org/Reality

For more information visit, www.DuPagePLT.org/Reality or contact Gilda Ross, Glenbard Student and Community Projects Coordinator, at gilda_ross@glenbard.org or at 630-942-7668. ###

www.dupageplt.org



www.facebook.com/DuPagePLT



www.twitter.com/PLTDuPage