

ILLINOIS HUMAN PERFORMANCE PROJECT

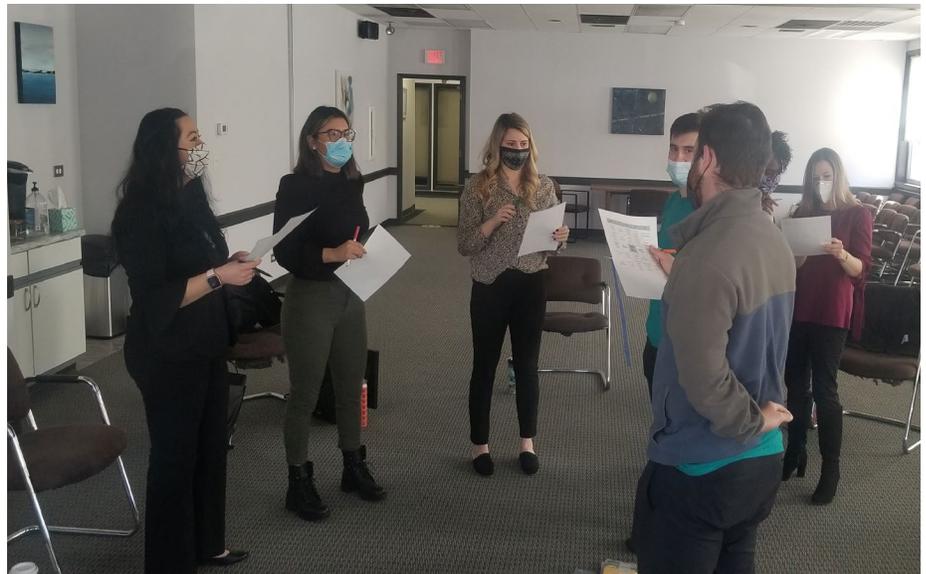


SPRINGING UP TO A BRIGHTER FUTURE!

DEA DRUG TAKE BACK

The DEA Prescription Drug Take Back Day is on April 24th this year. Safely disposing of your unused or unwanted medications can help prevent them from being diverted and misused. Find the nearest drug take back location [here](#). If you are unable to get to a location, you can use an at-home disposal kit, such as a Deterra Pouch. If you are interested in FREE pouches contact us at rxplaybook@ilhpp.org. You can also purchase them directly through Deterra [here](#).

On the October 2020 DEA Drug Take Back Day, Illinois alone collected 621,479 pounds of unused prescription medications, and as a nation we collected 6,842 tons of unused medications! Join in and make a difference by practicing safe disposal and finding a disposal location near you!



IL HPP team including new member, Erin, doing a get-to-know you activity!

FEBRUARY COACHES' CLINIC

Thank you to all of you who came to our February Coaches' Clinic! We learned from Mindful Coach, Todd Corbin, how to help our student athletes be more focused, confident, and successful using different mindful techniques. In addition, we learned from IL HPP Rx Playbook Prevention Specialist, Abbie Lee, the impact coaches can have on athletes and about general information regarding prescription opioids. We have another Coaches' Clinic on Sunday, April 25th from 10am-12pm, via Zoom. There will be a panel of former and current professional athletes who will share how they've reached optimal performance throughout their careers. ISBE credits will be offered! Click [here](#) to register!

NEW TEAM MEMBER

Please welcome our newest IL HPP Team Member, Erin! Her backgrounds are interior design and health coaching. Erin will be a part of planning and implementing IL HPP programming to help share science-based research on sleep, nutrition, mood and mindset, and chemical health as well as leadership development with local high schools. Our goal is to help students become the best versions of themselves for which Erin is also very passionate about! She will be helping to create social media content, assist with website maintenance, host events and activities, participate in outreach promoting chapter development and community connections to support our local youth. Contact Erin@ilhpp.org with any questions.

NEW ACADEMY COURSES

Check out our new course, Student Athletes: Manage Stress and Improve Performance. It is packed full with research-based findings and information that can help any student athlete recognize the impact stress and mood has on their performance. You must create an ilhpp.org account to access this course and others. Once you have an account, you can find our Academy courses under the "Trainings" tab. Also, be on the look out for our nutrition course, coming out soon! The topics discussed are how nutrition affects mood, cognition, and lifestyle. These courses can be done individually or as a chapter. We hope you enjoy these new courses, and we would love to hear feedback and suggestions for future courses!