

# Partnering with Schools to Impact Addiction

Shelley Mann-Lev, MPH, Opioid Response Network  
Fayette County Substance Abuse Task Force

April 14, 2020



Opioid  
Response  
Network  
STR-TA

# Welcome, Introductions, Zoom-keeping

**Carri Strunk**

**Prevention Specialist**

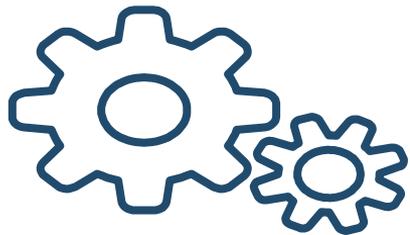
Fayette County Substance Abuse Task Force



# Use phone for audio if needed



1. Click the ^ arrow next to Mute/Unmute.
2. Click **Leave Computer Audio**.
3. Click **Phone Call** for dial in info.



# Set-up on Zoom

Click Unmute and Start Video to say hello



Click Participants and Chat

# Working with communities to address the opioid crisis

✧ SAMHSA's State Targeted Response Technical Assistance (STR-TA) grant created the *Opioid Response Network* to assist STR grantees, individuals and other organizations by providing the resources and technical assistance they need locally to address the opioid crisis.

✧ Technical assistance is available to support the evidence-based prevention, treatment, and recovery of opioid use disorder.

Funding for this initiative was made possible (in part) by grant no. 6H79TI080816 from SAMHSA. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

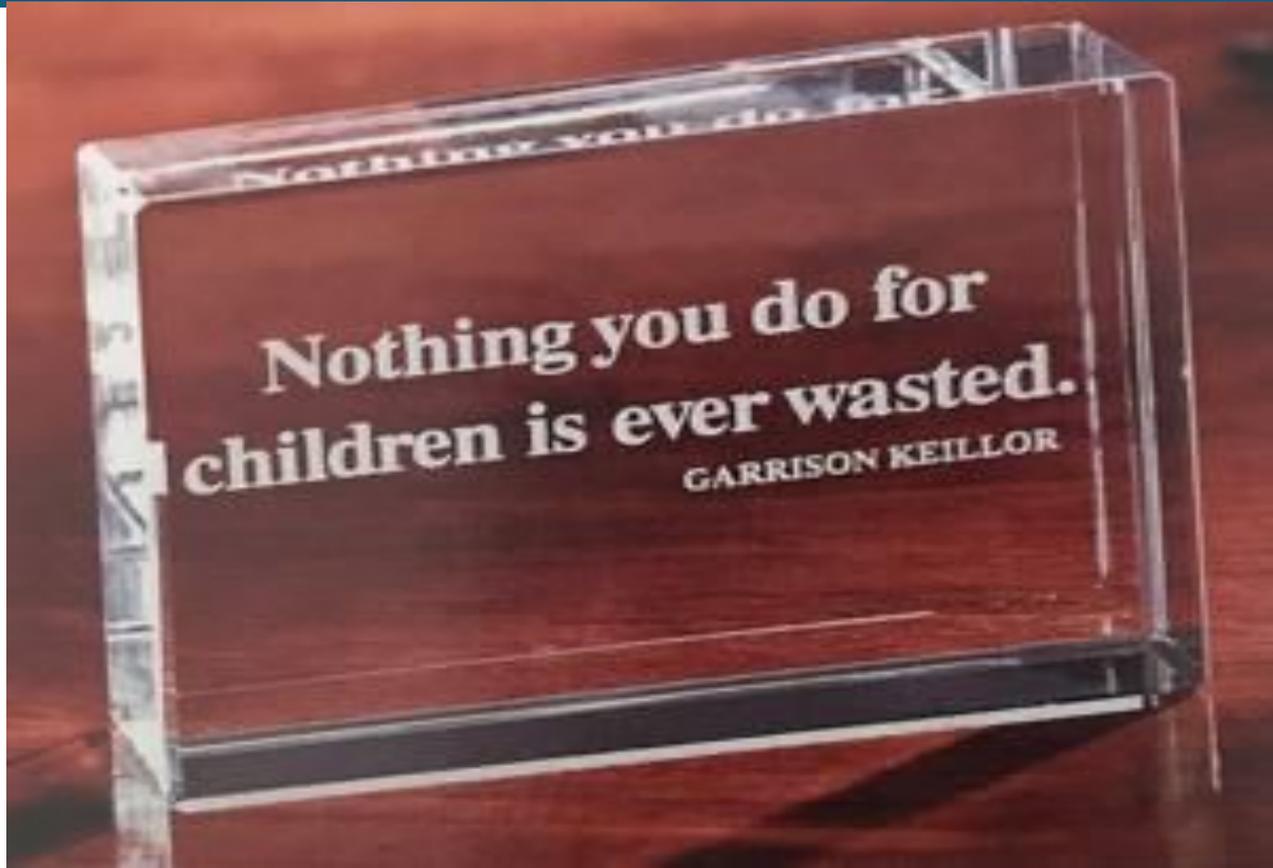


# Opioid Response Network

- ✦ The Opioid Response Network (ORN) provides local, experienced consultants in prevention, treatment and recovery to communities and organizations to help address the opioid crisis.
- ✦ The ORN accepts requests for education and training.
- ✦ Each state/territory has a designated team, led by a regional Technology Transfer Specialist (TTS), who is an expert in implementing evidence-based practices.



# Why Schools?



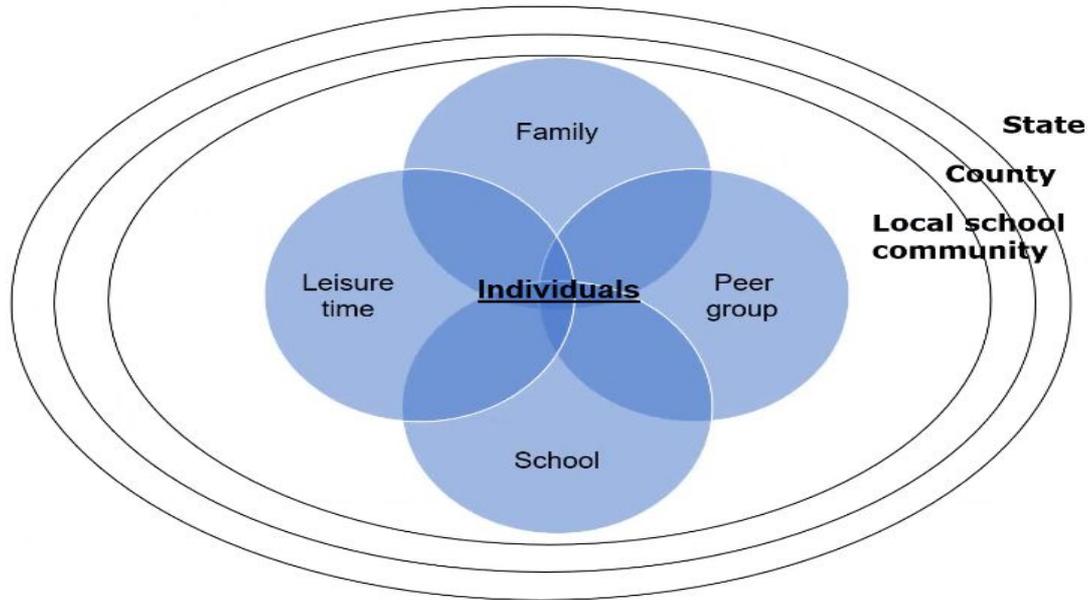
# Learning Objectives

1. Review risk and protective factors within school communities
2. Understand educational evidence-based prevention practices
3. Understand early intervention programs
4. Discuss effective youth-led initiatives
5. Identify both long-standing and cutting edge prevention strategies used in schools



# Schools are our Kids' Communities

IPM: Ecological domains of intervention focus



# Risk and Protective Factors: Schools

## ✦ Schools

- School engagement/connectedness, including an adult at school who cares
- Positive school climate
- Clear, consistent rules, with monitoring
- School policies and programs
- Drug availability and school safety
- Academic achievement



# Risk and Protective Factors: Social Environment

## ✧ Family

- Parental monitoring
- Family connectedness; time spent with parents
- Parental support
- Parental communication
- Parent engagement in schools
- Parental substance misuse

## ✧ Peers

- Peer substance use and level of engagement
- Attitudes and norms about youth substance use
- Parents knowing friends and their parents



# Risk and Protective Factors: Social Environment

## ✧ **Leisure Time**

- Late outside hours
- Participation in organized recreational and extracurricular activities
- Participation in unsupervised gatherings, e.g., parties



# Individual Factors

## Risk Factors

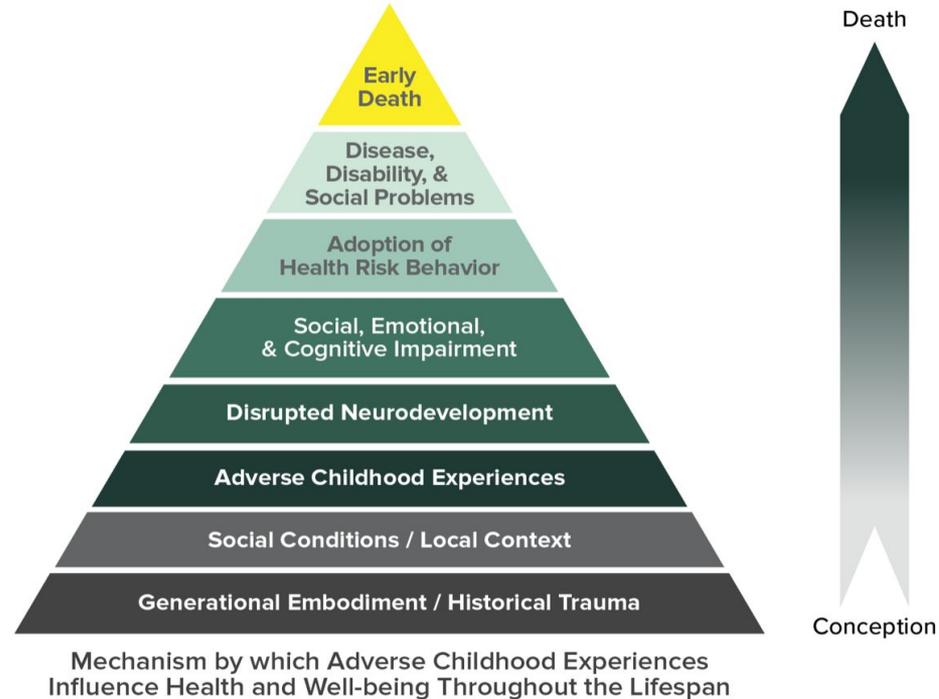
- Access to drugs
- Other substance use and early initiation
- Mental health issues: anxiety, depression
- Early aggressive behavior
- Impulsive behavior
- Thrill-seeking

## Protective Factors

- Academic achievement
- Connectedness
- Involvement in organized activities
- Social skills
- Self-regulation
- Attitudes and perceived disapproval and beliefs



# Adverse Childhood Experiences (ACEs)



Source: [National Center for Injury Prevention and Control, Division of Violence Prevention](#)

# High-Risk Groups



Youth face  
**unequal risks.**

While the national picture is improving  
in many areas, there are still groups of  
**vulnerable youth**  
experiencing unacceptable levels  
of poor mental health, violence,  
drug use, and sexual risk.



National Youth Risk Behavior Survey, 2017



# Question?

Please type your question in the chat box...



# Data-Based: What do You Need to Know?

## Prevalence and Trends

- ✧ Current use of tobacco, alcohol, and other drugs including nonmedical use of prescription medicine
- ✧ Age of initiation of substance use: first use before age 13

## Risk and Protective Factors



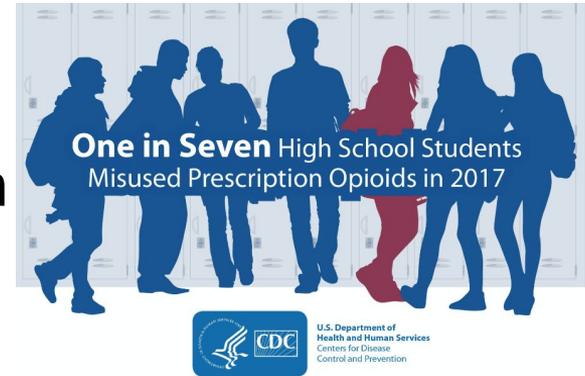
# How do you get the Data?

## Youth Surveys and Other Sources

### How to help schools with surveys

- ❖ Motivate/incentivize
- ❖ Organize, administer, manage
- ❖ Analyze and use the data for action

### Other sources of data



# At what age do we start prevention?

- ✧ **Age of initiation of substance use:** first use before age 13
- ✧ **What do Fayette County HS students say?**
  - Alcohol (more than a few sips): 19%
  - Got drunk: 8%
  - Smoked cigarettes: 13%
  - Marijuana: 9%



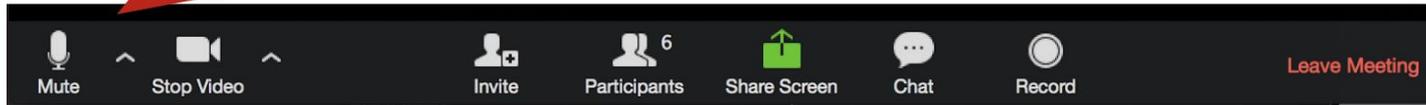
# Breakout 1: Discuss

**What are our schools doing now to prevent and address addiction?**



# Welcome Back

Mute yourself again



Click Participants  
and Chat again



# What Are Our Schools Doing to Address Addiction?

- ✦ **having students feel like they had a caring person within the school system**
- ✦ **teachers have personal relationships with the students and care about their well being**
- ✦ **peer recovery on the college level**
- ✦ **Handle with Care and Safe at Home programs**
- ✦ **organizations and committees in Fayette County that focus on the "leisure time" aspect and working in partnership with schools to offer safe leisure time activities for students**
- ✦ **cell phone can set them up for bigger issues with drugs and social stigma**
- ✦ **Collegiate recovery programs, working with family drug court, and prevention with mocktails, responsible drinking techniques, naloxone trainings**
- ✦ **Dr. Dan Doyle to come in and educate the BOE, Principals and Teachers about the dangers of vaping**
- ✦ **Student being taught how to make decisions as we have a students against destructive decisions**
- ✦ **Catch My Breath program have been training teachers**
- ✦ **School Resource Officers, serving as coaches**
- ✦ **Student being taught how to make decisions as we have a students against destructive decisions.**
- ✦ **Raleigh County is trying to get a SADD program (like the one at I Heart Church)**



# What Are Our Schools Doing to Address Addiction?

- ✦
- ✦ **Active SWV. CODA. College recovery programs**
- ✦ **yoga and mindfulness**
- ✦ **Mindful detention**
- ✦ **School based health centers**
- ✦ **Head Start has parenting classes**
- ✦ **FRN is implementing a teen court program**
- ✦ **School based Health center**
- ✦ **ACE's**
- ✦ **Social workers in schools**
- ✦ **Trauma Informed teachers**
- ✦ **Teaching Too Good for Drugs (Evidence Based)**
- ✦ **elementary school (in Lewis County) has a anti-drug week where they do activities to encourage abstinence from substances.**
- ✦ **school activities like band, sports, and drama.**
- ✦
- ✦





# Stretch Break

- ▶ Please return by 1:55pm
- ▶ Turn on your camera or type in chat to let us know you're back!

# Levels of Prevention

## Multi-Tiered System of Supports

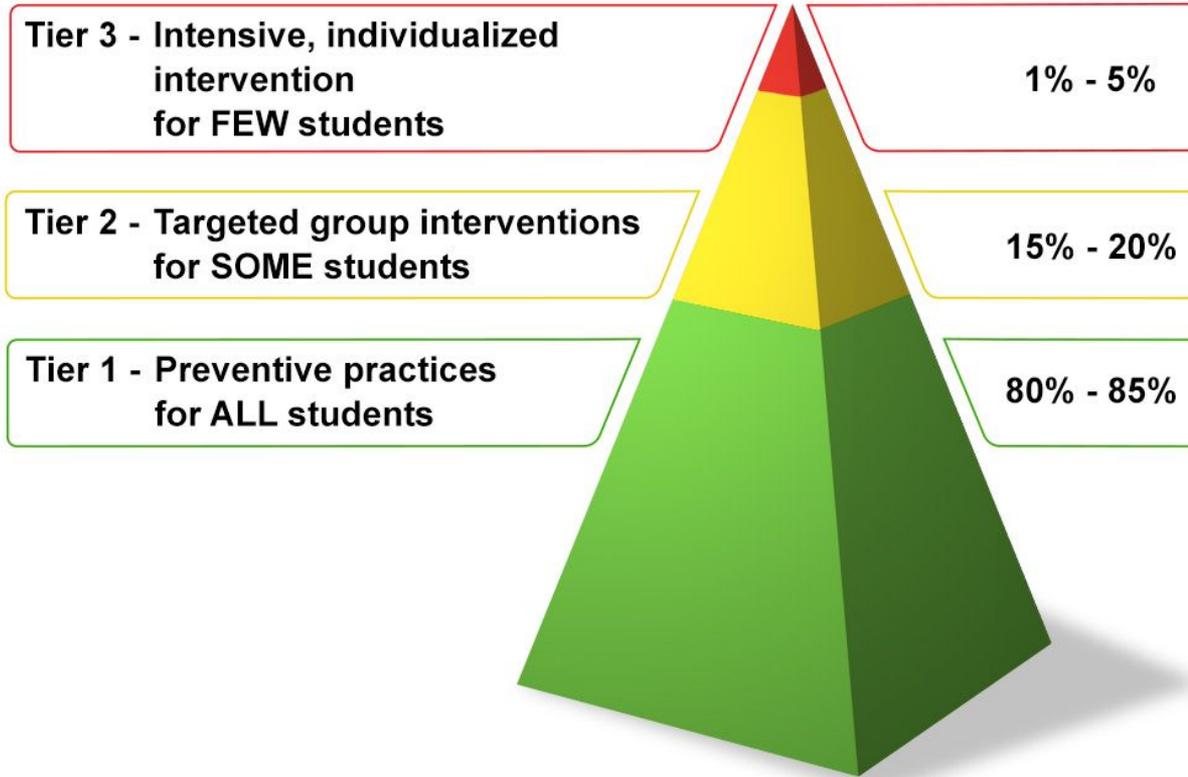
**Tier 1:** High-quality, research-based classroom instruction and screening (**Universal**)

**Tier 2:** Targeted Interventions for students who are identified as at higher risk (**Selective**)

**Tier 3:** Intensive Interventions and comprehensive evaluation (**Indicated**)



# Prevention Pyramid



# Tier 1: Universal Education

Self-regulation/emotion management +

Social norms/resistance skills +

Social competence +

Decision-making +

Conflict resolution +

Stress and anxiety management +

Anger/aggression management



= **RESILIENCE!**

# Tier 1: Evidence-Based Programs

## 1. Evidence-Based Programs

- ✧ PAX Good Behavior Game
- ✧ Botvin LifeSkills Training
- ✧ Too Good For Drugs
- ✧ Project VENTURE

## 2. Social Emotional Learning

## 3. Health Education Curricula



# PAX Good Behavior Game

Trauma-  
Informed



Social-Emotional  
Learning

Self-  
Regulation

Three Tier  
Strategies

## Snapshot of Good Behavior Game® Benefits

Computation of Relative Difference =  $(GBG/Control)-1$



# PAX Good Behavior Game

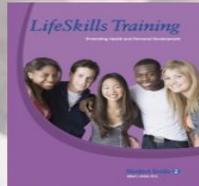
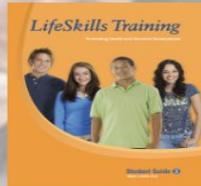
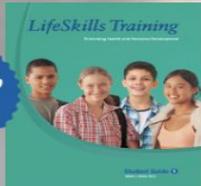


# Botvin LifeSkills Training

## Botvin *LifeSkills Training* Middle School Program

- > Updated graphics, references, and statistics
- > Enrichment Teaching Techniques
- > Interactive Teaching icons, hints, and timing suggestions

Now  
Aligned to  
Common  
Core



Elementary School Program: Grades 4-6

Middle School Program: Grades 6-8

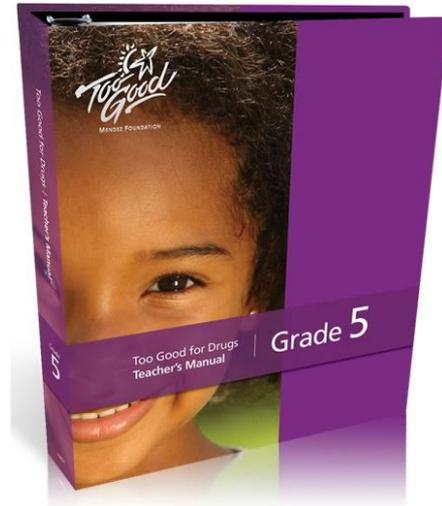
High School Program: Grade 9

LST Prescription Drug Abuse Prevention Module



# Too Good For Drugs

- ✧ K - High School, developmentally tailored curricula
- ✧ Teaches SEL skills linked to healthy development and school success
  - Setting Reachable Goals
  - Making Responsible Decisions
  - Bonding with Pro-Social Others
  - Identifying and Managing Emotions
  - Communicating Effectively
- ✧ Interactive games and activities
- ✧ Increases confidence and self-efficacy



# Project VENTURE Plus

- ✦ Positive youth development approach
- ✦ Culturally based group development process
- ✦ Year long sequence of growth opportunities
- ✦ In/out of school, weekends, trips, and camps
- ✦ Curriculum: lesson plans and outcomes



# Social-Emotional Learning (SEL)

## Approaches to Promoting SEL

- Use of Teaching Practices
- Infusion of SEL into Academic Curriculum
- Organizational Strategies
- Free-Standing SEL Lessons



## Program Outcomes

Increased Knowledge and Skills

Supportive Learning Environments

Improved Attitudes about Self, Others, and School



## Student Outcomes

Improved Positive Social Behavior

Reduced Problem Behaviors

Reduced Emotional Distress

Improved Academic Performance



# K-12 Health Education Curricula

- ✧ Incorporate Prevention Programs and SEL
- ✧ Address health literacy
- ✧ Include mental health promotion
- ✧ Include reproductive and sexual health
- ✧ Focus on knowledge, attitudes and skills
- ✧ Reduce stigma



# Students “Don’t Care How Much You Know Until They Know How Much You Care”



# Leisure Time Activities

- ✧ Athletics/Sports
- ✧ Arts: theatre, music, dance, visual, etc.
- ✧ Clubs, especially student-led, inclusive clubs
- ✧ Volunteering/Service Learning
- ✧ Adventure/Nature
- ✧ Mentorships/Work opportunities



# Positive Youth Development Youth Activism, Voice and Helping

## Activism and Voice



### Audio Revolution! SWAT DWI

Posted on May 27, 2014 by producer



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# Universal Parent/Family Programs

- ✦ Strengthening Families Program
  - Outcomes: parental monitoring, caring and communication
  - 7 weekly 2 hour sessions for parents and children
- ✦ Family Dinners and Family Day
- ✦ Family Engagement with Schools
  - Use a variety of communication tools
  - Build trust
  - Start positive
  - Create lots of opportunities



# Screening

## Appendix K: Orange Card Sample

Prior to starting your screening program each year, download the most current version from the MASSBIRT website.

**SBIRT IN SCHOOLS**  
Screening and Brief Intervention Protocols

**MASSBIRT**  
MASSACHUSETTS  
Asking questions.  
Improving health.

**Introduce screening**  
I am going to ask a few health screening questions about alcohol and other drug use that we are asking all students in your grade.

**Address confidentiality**  
There is no written record of this screening that includes information that specifically identifies you. Anything you tell me will be kept as confidential as possible. One reason why this information would not be kept confidential is if something you say indicates that there is an immediate risk to your safety or someone else's safety. Additionally, you, your parent, or your guardian, could request the information we discussed today. In any case, we would figure out next steps for support together. Do you understand?

**Define substances**  
By alcohol we mean beer, wine, wine coolers, or liquor. By drugs we mean anything that one might use for the feeling it causes including: marijuana, heroin, prescription drugs like OxyContin, etc.

**Ask permission to ask questions**  
Is it okay to ask you these questions?

Brief Intervention		53
<b>Build Rapport</b>	<p>I'd like to learn a little more about you...</p> <p>What are important things/hopes/goals in your life now? <b>OR</b> What is a typical day like for you?</p> <p>How does your use of [X] fit in?</p>	<b>HOW CONFIDENT ARE YOU?</b> <b>EXTREMELY</b> 4 5 6 7 8 9 10
<b>Explore Pros &amp; Cons</b>	<p>What do you enjoy/like about using [X]? What do you enjoy less or regret about using [X]?</p> <p><b>Explore problems mentioned in CRAFFT:</b> You mentioned... Can you tell me more about that?</p> <p>So, on the one hand you said [PROS], and on the other hand you said [CONS]. <b>Emphasize CONS.</b></p>	
<b>Provide Feedback</b>	<p>What do you know about the risks of using [X]?</p> <p>Would you mind if I shared some health/safety information about [X]? <b>Provide 1-2 salient substance specific health/safety effects.</b></p> <p>What are your thoughts about that?</p>	
<b>Use</b>	<p>On a scale of 1-10, how ready are you to change <u>any</u> aspect of your [X] use?</p>	
<b>Use</b>		

SAMPLE



# Tier 2: Selective Programs

## Individual students identified at higher risk and Priority groups for risky substance use

- ✧ Students who are LGBTQ+
- ✧ Students with housing instability
- ✧ Students with disabilities
- ✧ Childhood trauma (ACEs)
- ✧ Students with mental health challenges
- ✧ Students who are thrill-seeking
-  Peers/family with risky substance use behaviors

# Early Intervention for High Risk Groups

- ✦ **Full Screen – Brief Intervention**
- ✦ **Group Counseling and Education**
  - Project SUCCESS groups
  - School Based Health Center groups
  - Preventure Program: Personality Targeted
- ✦ **Trained Support**
  - Natural Helpers – Peer Support
  - Mental Health First Aid – Adult Support



# Interventions for High Risk Groups

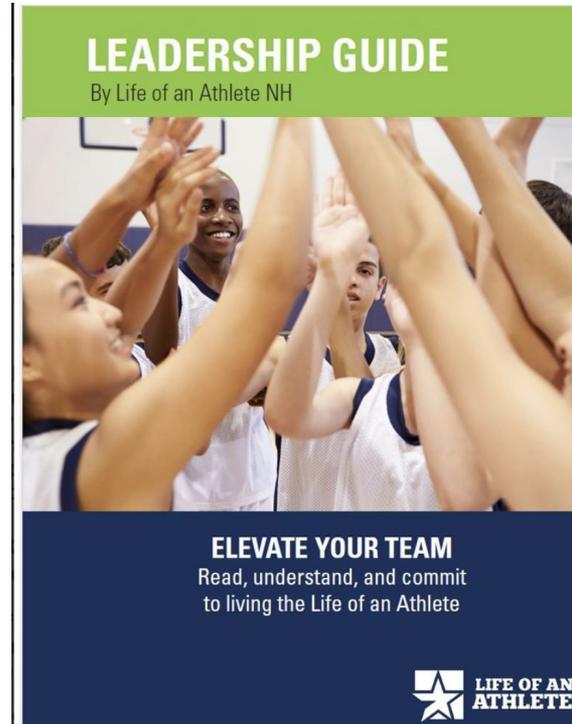
- ✧ Dedicated Activities
  - GSA (Gender and Sexuality Alliance) clubs
  - Programs for youth with housing instability
- ✧ Support for improved Academic Performance and School Engagement
  - Keep students connected to and in school
  - Tutoring
  - Mentoring
  - Student Assistance Team (SAT) meetings



# What about Athletes?

## Life of an Athlete:

- ✦ Codes of Conduct
- ✦ Pre-season Meetings
- ✦ Coach Engagement
- ✦ Student Leadership
- ✦ Stakeholder Unity



# Tier 3: Indicated/Intensive

- ✧ How to identify? Screening, referral, violations
- ✧ Supportive consequences for violations – stay in school vs. suspension
- ✧ Leverage for intensive assessment and interventions
- ✧ Role of drug testing
- ✧ Teen Court



# Tier 3: Indicated/Intensive

- ✦ Overdose Prevention/Response Education and Narcan Access
  - Train nurses and make sure they have Narcan
  - Train students and make sure they have Narcan
  - Key harm reduction messages (i.e., don't mix)



# Tier 3: Indicated/Intensive: Behavioral Health Services

- ✦ Build Partnerships
- ✦ For Students (assessments and services)
  - School Based Health Clinics
  - School-Based Mental Health services
  - Community-Based services
- ✦ For Families
  - Multisystemic Therapy for Juveniles (MST)
  - Targeted Programs





SO THEY'RE SUPPLYING  
NARCAN TO  
THE SCHOOLS NOW..  
NO PROBLEM,  
NO ARGUMENT...  
ALL WELL AND GOOD..  
AND SADLY NECESSARY..

IF ONLY IT WERE  
THAT EASY FOR  
THE SCHOOLS TO GET  
PROPER STAFFING  
AND SUPPLIES..

BUT I CAN'T  
HELP THINKING..

MAYBE WE'D BE  
ABLE TO EDUCATE  
STUDENTS ENOUGH  
SO THAT THEY  
WOULDN'T TURN  
TO OPIOIDS  
IN THE  
FIRST PLACE!

© 2016  
SALEM NEWS



# Question?

Please type your questions in the chat box...



# All Staff Need Training

- ✧ Universal Interventions
  - General prevention knowledge
  - Fidelity
- ✧ Warning signs and how to refer
- ✧ Selective and indicated interventions
- ✧ Know the policies and how to enforce



# Best Practices in School Policies

- ❖ Reduce availability of drugs at school
- ❖ Supportive and restorative consequences -- alternatives to suspension
- ❖ Consistent enforcement
- ❖ Communication and training
- ❖ Monitoring, evaluation and periodic updates
- ❖ Require and sustain prevention programs

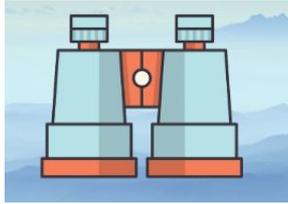


# Coalitions, Communities and Schools Partner for Results

- ✧ Programs and training for students and staff
- ✧ Communication support
- ✧ Opportunities for parent and community engagement
- ✧ Evaluation support
- ✧ Funding and other resources
- ✧ Changing the social environment



# What Does a Community Built Around Children LOOK LIKE?



**April 30th, 10:00am**  
**Zoom In with the ICE Collaborative**  
**and Planet Youth to learn about:**

- **The Iceland Prevention Model and how to integrate it in into your community.**
- **The power of local/current data from Fayette County Schools.**
- **How your community can collaborate to build a nurturing environment for youth.**
- **How primary prevention works by focusing on family, schools, peers and leisure time within the community**

Integrative Community Engagement Collaborative,  
Fayette County, West Virginia



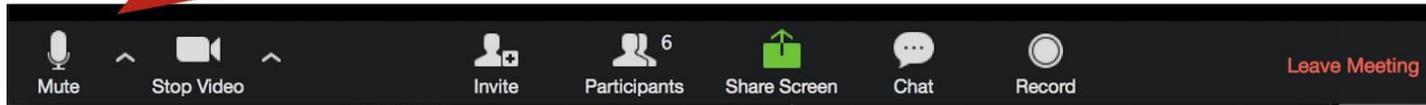
# Breakout 2: Discuss

**What strategies could our schools implement to help address addiction?**



# Welcome Back

Mute yourself again



Click Participants  
and Chat again





# Strategies our schools could implement to help address addiction

Generation  
RX roll-out

RX for  
preschool/k

Board Leadership  
(policy update &  
survey results)

Community  
Wide Effort  
(not only  
schools)

Use  
technology  
for healthy  
engagement

Strengthening  
trust &  
relationships

Collaboration &  
Communication  
between school  
& communities

school day  
activities

peer group  
support meetings

Transportation  
Provision

SEL and  
infusion in  
academics  
transition to  
PBL/experie  
ntial

Access to local  
resources

School  
Support  
Groups

After  
school  
activities

Address  
cost  
barriers

Leisure  
Time!

Play time  
for younger  
kids

Emphasize  
mental health  
education and  
destigmatizing

# Questions?

Please type your questions in the chat box...



# Contact the Opioid Response Network

- ✦ To ask questions or submit a TA request to the Opioid Response Network:
  - Visit [www.OpioidResponseNetwork.org](http://www.OpioidResponseNetwork.org)
  - Email [orn@aaap.org](mailto:orn@aaap.org)
  - Call 401-270-5900

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# Coming Events and Contact Information

**Fayette County Substance Abuse Task Force Meeting** – Tuesday, 4/28/20

**A Community Built Around Youth** – Thursday, 4/30/20

**Break the Cycle: Effective Prevention** – Tuesday, 5/12/20

**For more information, contact:  
Carri Strunk, Prevention Specialist**

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Scarbrow, WV 25917

(304) 619-2126, [carri.strunk@nrhawv.org](mailto:carri.strunk@nrhawv.org)

