

The Role of School Policy in Substance Use Prevention

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Education
Development
Center

WELCOME

Iowa HHS, Bureau of Substance Abuse, through Substance Abuse and Mental Health Services Administration (SAMHSA) funding supported this webinar.



STATE OF IOWA DEPARTMENT OF
Health AND **Human**
SERVICES

Note to trainer, This slide is standard and is required for all Iowa Services



PRESENTER



Christi Valentini-Lackner is an Ohio Certified Prevention Consultant (OCPC) and has worked in the field of prevention for over 20 years. Christi is a Chief Program Officer at PreventionFIRST!

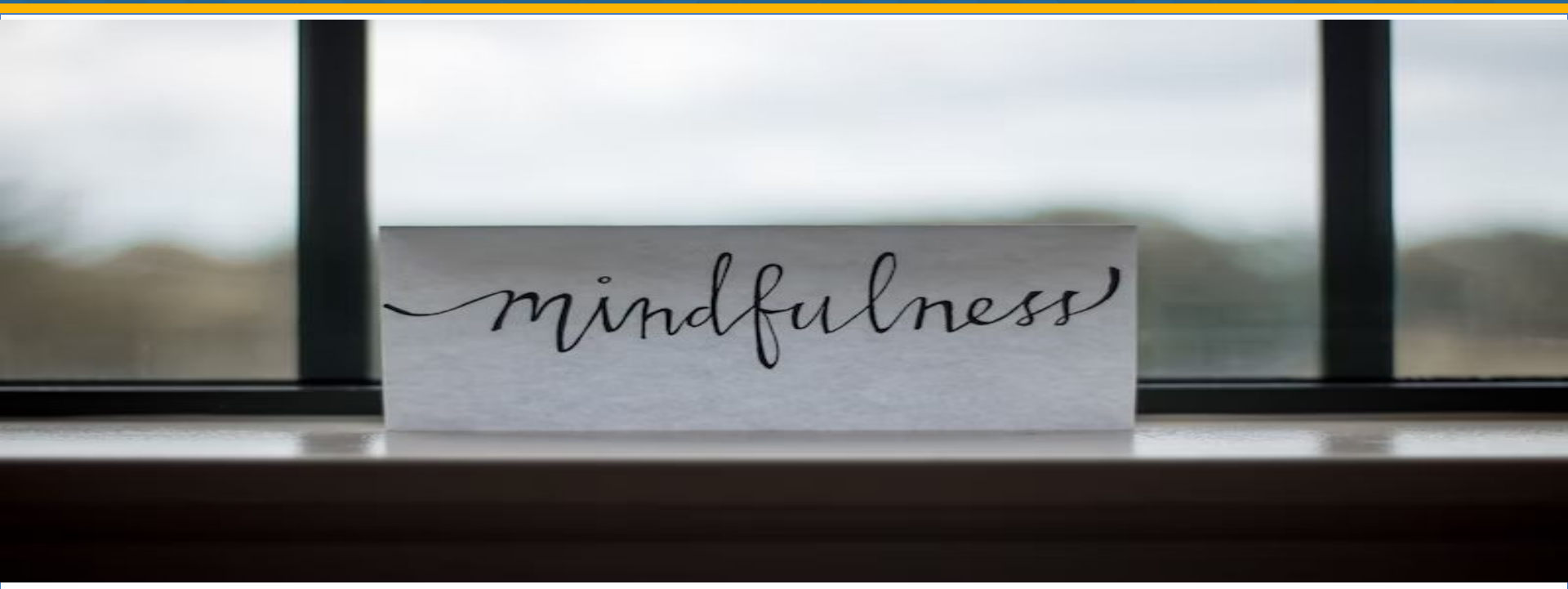
**Christi
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Chief Program Officer
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Ohio



Objectives

- Articulate why creating and revising school policies and procedures can help reduce incidence of substance misuse in students.
- Describe the importance of collaborating with district decision makers.
- Explain the role modifying and aligning district policies and procedures with current best practices.

School Policies To Reduce Behavioral Health Issues



mindfulness



BENEFITS OF SCHOOL POLICY:

- Puts the focus on substance free, healthy children
- Supports learning
- Eliminates Ineffective Prevention



MAKING THE CASE TO SCHOOLS:

- Builds and Reaffirms Relationships
- Focuses on Human Connection
- Reduce fear, increases feelings of value
- Instills self-regulatory, problem-solving, and prosocial skills
- But most importantly (for schools) decreases substance misuse and increases academic success.



BEST PRACTICE(S)

- “Best Practice” simply means “what works”.
- Standard or set of guidelines that is known to produce good outcomes if followed.
- Prevention is a new field and school admin might not know/understand the importance of prevention best practices.

Collaboration: Building on the Relationship





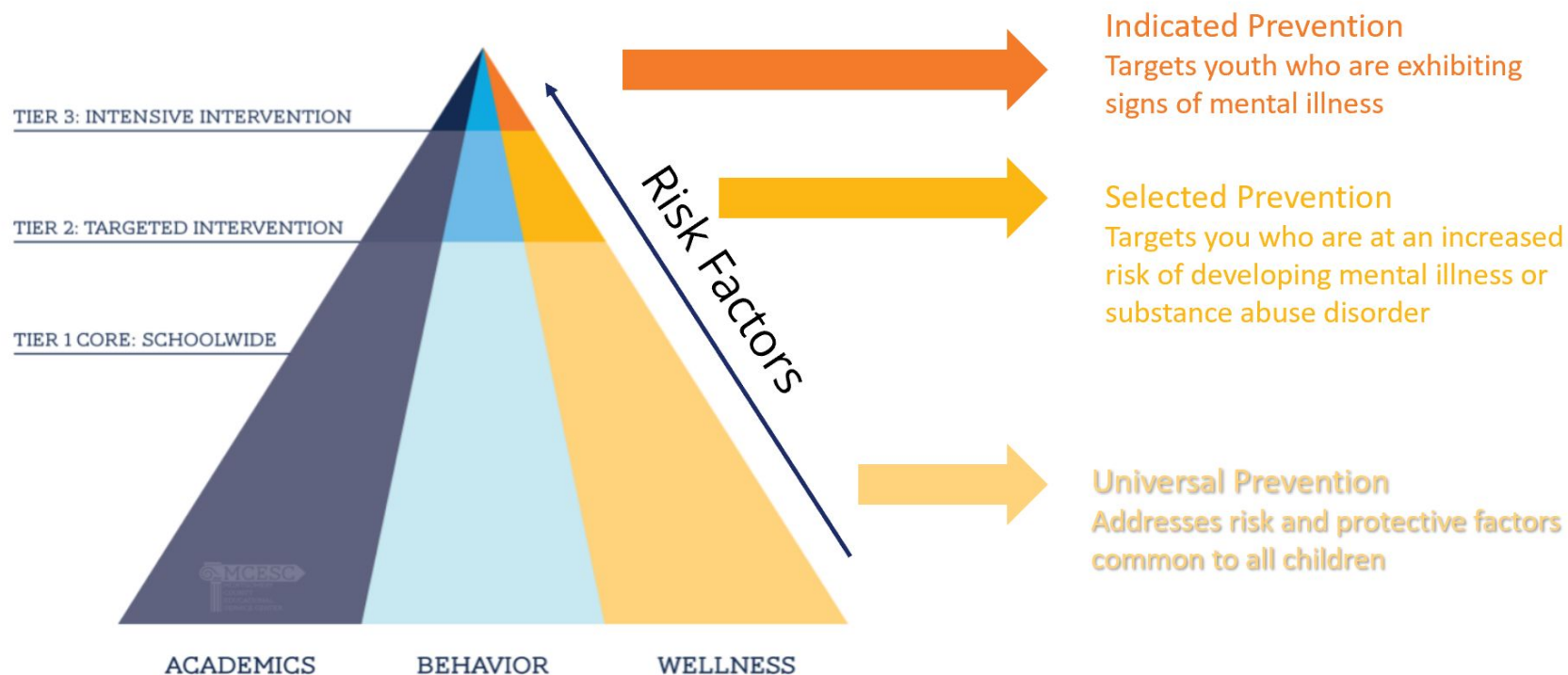
COLLABORATION

- Increase awareness of substance misuse among school-aged youth
- Increase the knowledge of individuals who interact with school-aged youth to understand and detect signs
- Increase and improve access to culturally relevant, developmentally appropriate and trauma informed school and community-based activities and services



COLLABORATION

Prevention in School Systems



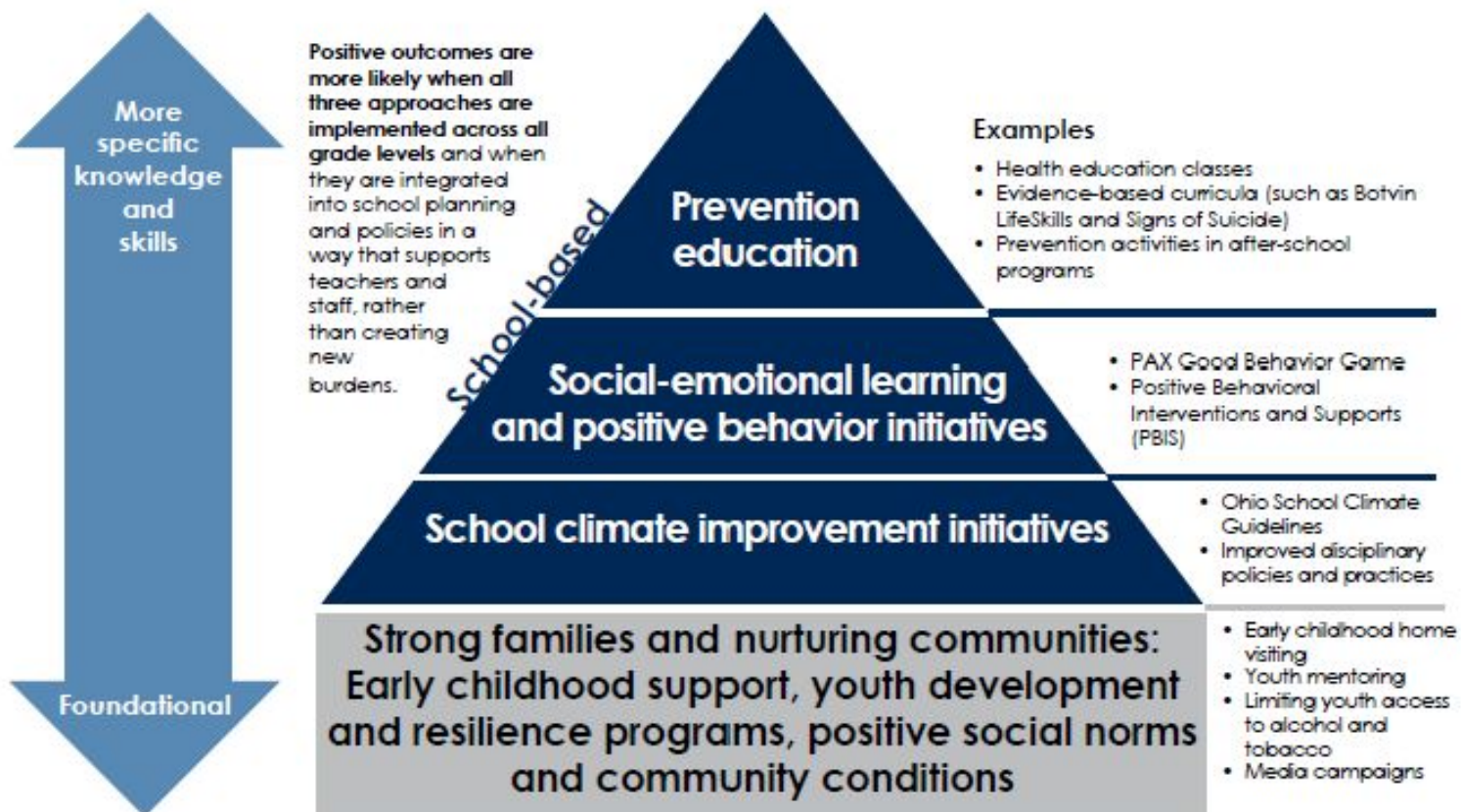
Policies & Procedures





POLICES & PROCEDURES:

Figure 7. Evidence-based approach to universal K-12 drug and violence prevention and mental health promotion





POLICES:

1

Suicide prevention & district policy

2

Vaping Alternative to Suspension

SUICIDE PREVENTION & DISTRICT POLICY



A district-level suicide prevention coordinator shall be appointed by the superintendent. Each school principal shall designate a school suicide prevention coordinator to act as a point of contact in each school for issues relating to suicide prevention and policy implementation.

SUICIDE PREVENTION & DISTRICT POLICY



Why the policy is important:

- Acknowledges the school's role in providing an environment that is sensitive to individual and societal factors that place youth at greater risk for suicide and helps to foster positive youth development and resilience.
- Acknowledges that comprehensive suicide prevention policies include prevention, intervention, and postvention components.

SUICIDE PREVENTION & DISTRICT POLICY



Prevention's role in the policy:

- YOU ARE THE EXPERT!
- You bring outside perspective
- You can take on some of the load

VAPING ALTERNATIVE TO SUSPENSION



Education & Cessation. Using the Stanford Medicine Prevention Toolkit, Not On Tobacco and Cessation

VAPING ALTERNATIVE TO SUSPENSION



Why This Policy Is Important

- Students continue to receive education
- Students build skills to address the specific behavior
- Students are provided with wrap-around supports

VAPING ALTERNATIVE TO SUSPENSION



2

Prevention's Role in the Policy:

- Support Schools in the selection of evidenced based disciplinary policies that support mental health and/or substance misuse
- Ensure make the skill building strategy is evidence-based
- Provide the connection to the community resources (for wrap-around services)

EXAMPLE OF SUCCESSFUL POLICY PARTNERSHIPS



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EXCELLENCE, INNOVATION AND INCLUSION: EVERYONE, EVERYWHERE, EVERY DAY

District Blog

#DYK: OUR SCHOOL IS NOW TOBACCO-FREE

Posted on: November 19, 2018

STUDENTS LEAD EDUCATION ON TOBACCO POLICY

Post By *hollisbass* Nov 15, 2018

Last spring, *Taylor High School* students successfully advocated for the *Three Rivers School Board* to make the district 100% tobacco-free. Now they are educating people about the new policy and teaching middle school students about the dangers of alcohol, tobacco, and other drugs.

The students are seniors in Nancy Flickinger's Teaching Professions Academy (TPA). *Hamilton County Public Health* (HCPH) and *PreventionFIRST!* have been working with Nancy and her TPA students for the past few years as part of a tobacco prevention grant from the Ohio



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QUESTIONS



THANK YOU





REFERENCES

National Association of Secondary School Principals. (December 2021) Supportive Discipline: Keeping our students in school.

Substance Abuse and Mental Health Services Administration (SAMHSA) (2019). Student Assistance: A Guide for School Administrators

National Center for Mental Health Promotion and Youth Violence Prevention (2012) Supportive School discipline: Snapshots from the Safe Schools/Healthy Students Initiative

Montgomery County Educational Service Center. (2019) Prevention Services in Schools: What is Prevention?

Model School District Policy on Suicide Prevention