

**Nassau County School District
Mental & Emotional Health Education, Substance Use
and Abuse Prevention, and Child Trafficking
Prevention Implementation Plan (Grades 6-12)**



2019-2020

Nassau County School District Mental & Emotional Health Education, Substance Use and Abuse Prevention,
and Child Trafficking Prevention Implementation Plan 2019-2020

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Mental & Emotional Health Education, Substance Use and Abuse Prevention, and Child Trafficking Prevention Curriculum Overview

- I. In an effort to build resiliency among our youth and to foster safe environments conducive to student learning, the Nassau County School District will require that all students in Grades 6-12 complete a minimum of five hours of instruction each year with regards to youth mental and emotional health education, substance use and abuse prevention, and child trafficking prevention. The curriculum will include the following components:
 - A. Awareness of signs and symptoms of mental health disorders
 - B. Processes involved for getting or seeking help for mental health and substance abuse
 - C. Awareness and use of essential resources
 - i. FortifyFL
 - ii. National Suicide Prevention Hotline
 - iii. Local Community Based Mobile Response Team
 - iv. School-based and community services
 - D. What to do or say to peers struggling with mental health disorders
 - E. Understanding risk vs. protective factors
 - F. Self-help strategies
 - G. Substance use and abuse prevention
 - H. Child trafficking prevention

Instructional Delivery

- I. The aforementioned mental and emotional health education, substance use and abuse prevention, and child trafficking prevention curriculum will be delivered in a blended format utilizing direct instruction, cooperative learning, and online modules. Instruction will be delivered in the following courses:

Grade Level:	Course Delivered:
6 th Grade	Physical Education, Elective, or Other Principal Approved Class
7 th Grade	Physical Education, Elective, or Other Principal Approved Class
8 th Grade	Physical Education, Elective, or Other Principal Approved Class
9 th Grade	Physical Education/H.O.P.E or Other Principal Approved Class
10 th Grade	English Language Arts or Other Principal Approved Class
11 th Grade	English Language Arts or Other Principal Approved Class
12 th Grade	English Language Arts or Other Principal Approved Class

*Students in upper grade levels taking dual enrollment courses will still be required to complete the mental and emotional health curriculum requirements via our online modules.

Professional Qualifications

- I. Each instructor designated to teach the Nassau County School District Mental and Emotional Health, Substance Use and Abuse Prevention, and Child Trafficking Prevention curriculum must satisfy the following criteria:
 - A. Be a certified teacher, school nurse, school counselor, school psychologist/mental health provider within the Nassau County School System or a district approved community-based expert
 - B. Complete the Mental and Emotional Health Course Overview Training offered by the district made available via online access

*Note: If possible, the instructor will have completed Youth Mental Health First Aid training as well.

- II. Oversight and implementation of the Mental and Emotional Health, Substance Use and Abuse Prevention, and Child Trafficking Prevention curriculum will be conducted by the Executive Directors of Curriculum and Instruction, Director of Exceptional Student Education (ESE), and the ESE Coordinator of Student Services.

Materials and Resources

(free resources from these initiatives will be embedded within our 5-hour curriculum)

- I. Sandy Hook Promise provides an evidence-based free social emotional curriculum designed for students in grades 6-12. Through Sandy Hook Promise's "Know the Signs" program, adolescents will participate in initiatives such as Start with Hello, Say Something, and Understanding the Signs of Suicide. This program focuses on preventing school violence and other harmful acts, identifying at-risk behaviors and intervening to get the help, minimizing social isolation and creating a more inclusive and connected culture. It also supports in identifying warning signs of someone at risk of hurting themselves or others and to "say something" before a tragedy can occur.
- II. Everfi, a free digital curriculum, is another research-based social emotional/mental wellness curriculum that also incorporates substance abuse topics designed specifically for students in grades 6-12. These resources are designed to equip educators with the tools to nurture skills like compassion, leadership, conflict resolution, self-awareness and resilience. The program focuses on mental wellness, prescription drug safety, alcohol consumption prevention coping skills, and recognizing and combating stigma while providing an interactive environment with the digital tool and with teacher prompted discussion points.
- III. Night Vision Anti-Drug Program offered by the Florida National Guard Counterdrug Program
- IV. Lauren's Kids is an evidence-based prevention and personal safety curriculum series for grades PK-12. The resources provided for grades 6-12 focus on personal safety information, empowering children with tools that are not only protective from abuse, but also important esteem and safety issues and empowerment. It addresses "safe" and "unsafe" situations, people and issues adolescents face in relationships with peers and adults, such as balance of power, enforcing boundaries and the grooming process.
- V. A digital presentation of resources developed by each school team to include the school counselors, school nurse, resource officer/guardian, and school psychologist/mental health provider will be developed and presented at the onset to inform students of the resources available on and off campus.

Data Tracking & Reporting

- I. Executive Directors of Curriculum and Instruction, Director of ESE, and the ESE Coordinator of Student Services will provide a report to the Commissioner of Education by July 1st of each year verifying completion of instruction.
- II. Early Warning System indicators such as attendance, System of Care referrals, and academic performance will be monitored by school-based teams to identify at-risk students and to monitor curriculum completion.
- III. Administration to consider possible third option as a universal screener (i.e. Youth Risk Behavior Survey)