

BARNSTABLE PUBLIC SCHOOLS

Substance Prevention Supports and Resources



The Barnstable Public Schools offer a variety of substance prevention efforts with research based curriculum and programs that aim to educate and support positive choices. The following provides basic information on the curriculum and programs. The links provide more details and resources. Parents and guardians are most important in guiding their children to make positive choices. We invite all community members to join us in working together to support the learning, development, and health of all children.

Curriculum and Instruction

The **Second Step** curriculum is taught in grades PreK-8th. Second Step is a research based program rooted in social-emotional learning (SEL), creating a common language around behavioral expectations. Lessons include: skills for learning, empathy, emotion management, problem solving, relationships, goal setting, making healthy decisions and addressing conflict.

[Second Step Curriculum](#)

[Second Step Sample Video](#)

The **Steps to Respect** curriculum is taught in grades 3, 4, and 5. It is a research based anti-bullying curriculum teaching social-emotional skills to counter bullying and promote healthy relationships. The lessons focus on positive peer relations, emotion management, and recognizing, refusing and reporting bullying behavior.

[Steps to Respect Curriculum](#)

The **Botvin Life Skills** curriculum is taught in grades 3-8. It is a research validated substance abuse prevention program. It teaches drug resistance skills, personal self management skills and general social skills to handle challenging situations. Barnstable Public Schools has partnered with other community agencies to provide a Parent Botvin Lifeskills course.

[Botvin Life Skills Curriculum](#)

The **Responsive Classroom** approach is used in grades K-5. It is an evidence based approach that integrates social-emotional skills (SEL) and academics to create an environment where students can do their best learning.

[Responsive Classroom Curriculum](#)

The **Project Alert** curriculum is taught in grade 7. It is a skills-based curriculum giving students strategies and tools to resist drugs.

[Project Alert curriculum](#)

The **Narconon Truth About Drugs** Video Program is used at the High School level. The live interactive presentations teach students the truth about drugs. It covers key information teens need to know to make good decisions about not using drugs providing an increased awareness of the consequences of drug use.

[Narconon Truth About Drugs](#)

[Narconon: One of the Best Ways to Keep Kids Off Drugs](#)

The **Signs of Suicide** (SOS) curriculum is taught in grades 8, 10, 12 at the High School. It is an evidence-based program that improves student's knowledge and adaptive attitudes about suicide risk and depression. It uses two suicide prevention strategies including a curriculum and a brief screening for depression.

[Signs of Suicide Program](#)

SBIRT (Screening, Brief Intervention, Referral to Treatment): This screening is conducted annually by the school nurses for students in grades 7 and 9, as required by law. This screening provides positive feedback to students making good choices and identifies students with substance use concerns.

[SBIRT](#)

In addition to the curriculum that is being taught in the classroom there are other ways that Barnstable Public Schools integrate substance prevention education and supports.

- Community counseling services are available to students in most of our schools..
- At the High School level there are advisory periods with educational components, presentations/resources during athletic sports nights for students, parents and coaches, and support of the Celebration event (after prom party). There are also clubs such as SADD (Students Against Destructive Decisions and Distributive Education Clubs of America (DECA) that support positive choices. Each year all freshman participate in Challenge Day, a program that supports anti-bullying and raising self-awareness.
- In all of our schools there are Positive Behavior Interventions and Supports (PBIS) expectations that are explicitly taught to students and displayed throughout the school.
- School policies/expectations include a drug free workplace and actions for offenses.
- All staff have been trained in using a Collaborative Problem Solving (CPB) Approach,
 - [Sample CBS videos](#).
- There are Police SROs at BHS, BIS and BUES full time, with SRO coverage at the 5 elementary schools.
- Community connections include RSAC Regional Substance Abuse Committee, Family Resource Center, HYCC, YMCA programs, DA Back to School program, and many others.
- School grants that support substance prevention include Attorney General's Youth Opioid Grant.
- Twice a year teachers complete the Devereux Student Strengths Assessment (DESSA) consisting of strength-based screening and assessment components for children K-8th grade that looks at key social and emotional competencies.

If you would like additional substance prevention resources from the Barnstable Public Schools Health Services website click here [Substance Prevention Resources](#)