

Graduation Equity Webinar

SUBSTANCE USE PREVENTION & INTERVENTION BEST PRACTICES



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Director of
Prevention Services,
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District



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Professional, Lake
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Substance Use/Misuse
Prevention &
Intervention Program
Supervisor

Register:
bit.ly/GradEq2024-25



December 11, 2024



10:00-11:30am



Washington Office of Superintendent of
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Vision

Mission

Values

Equity Statement

All students prepared for post-secondary pathways, careers, and civic engagement.

Transform K–12 education to a system that is centered on closing opportunity gaps and is characterized by high expectations for all students and educators. We achieve this by developing equity-based policies and supports that empower educators, families, and communities.

- Ensuring Equity
- Collaboration and Service
- Achieving Excellence through Continuous Improvement
- Focus on the Whole Child

Each student, family, and community possesses strengths and cultural knowledge that benefits their peers, educators, and schools.



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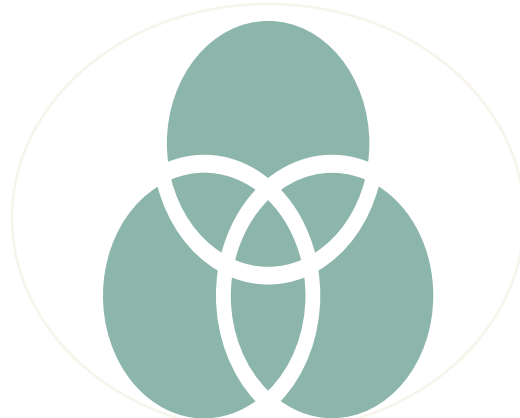
I am on Squaxin, Cowlitz, Coast Salish, & Nisqually Land



Equity Pause – Why Are We Doing This?



Who will my decision affect?



What is my locus of control?



Which actions will have the largest impact?



What's a step I can take right away?



Objectives

- Learn strategies for **what schools can do** to prevent youth substance use on a school-wide level.
- Understand why **the youth substance use prevention approach is different** from the adult approach and services.
- Recognize the importance of **data-informed decision-making** to enhance substance use prevention strategies.
- Explore **culturally respectful practices** to address substance use and provide supportive, effective interventions within the school setting.
- Get perspective from our Office of Native Education about **ways to support Native American communities**.
- Identify **resources** to help you get started.



Presenters



Kefi Andersen

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OSPI

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Brisa Sanchez-Cornejo

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Joe Neigel

Director of Prevention Services
Monroe School District

neigelj@monroe.wednet.edu

We want to know about you!



Who's here?



What grade band do you work with the most?



How familiar are you with our topic?



OSPI Supports

What We Know

Most youth don't use alcohol or other substances.

Developmentally, adolescents are prone to test limits.

90% of Americans who meet the clinical criteria for addiction started using substances before the age of 18.

Never used cannabis

92% 8th graders
83% 10th grade
69% 12th grade

(HYS, 2023)

Never used alcohol

71% 8th graders
60% 10th grade
48% 12th grade

(HYS, 2023)

Adolescents tend to carry beliefs about their own invincibility, also called optimistic bias.

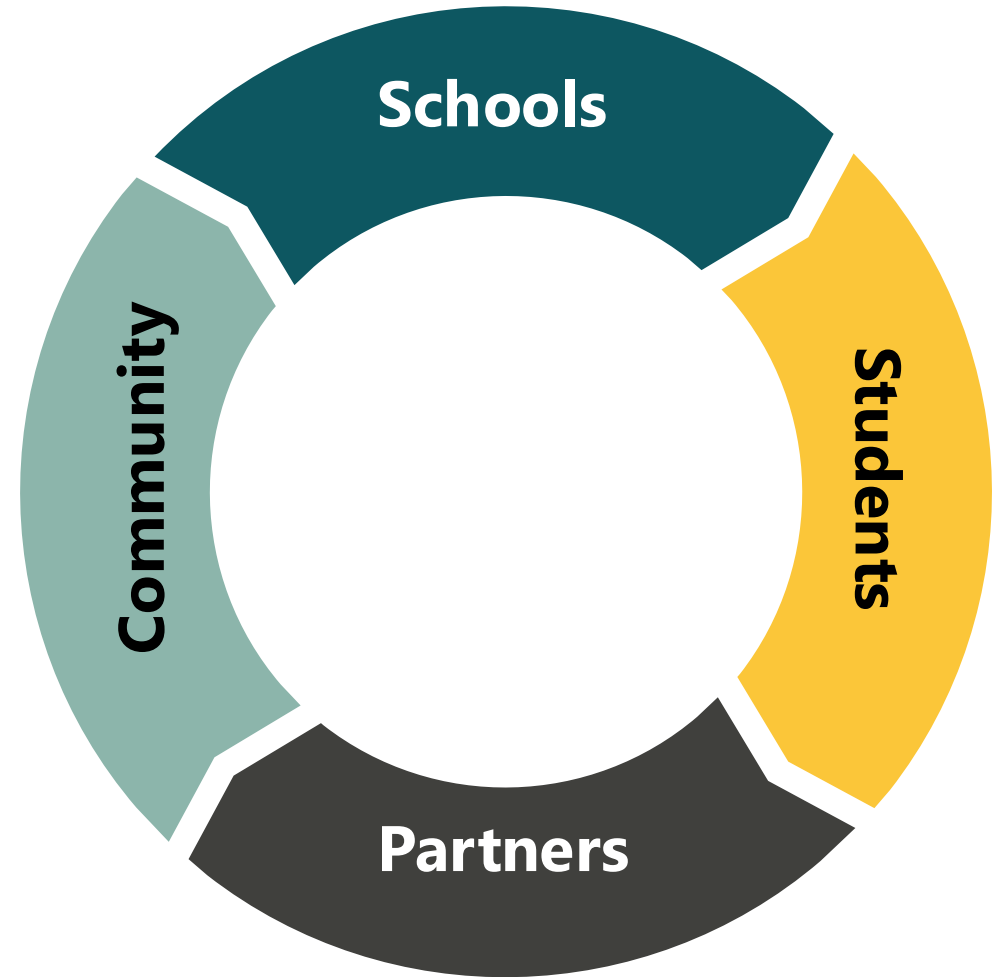


Student Life Roller Coaster



Partnerships

- Leveraging connections and partnerships
- Community effort and shared goals
- Expertise and value added
- Filling gaps and strengthening existing strategies



Model District Template:

The origin:

- Revised Code of Washington (RCW) 28A.320.127 requires that all K–12 school districts adopt a plan to screen, recognize, and respond to **indicators of social, emotional, behavioral, and mental health** (SEBMH) such as, but not limited to, sexual abuse, **substance use**, violence, or youth suicide.

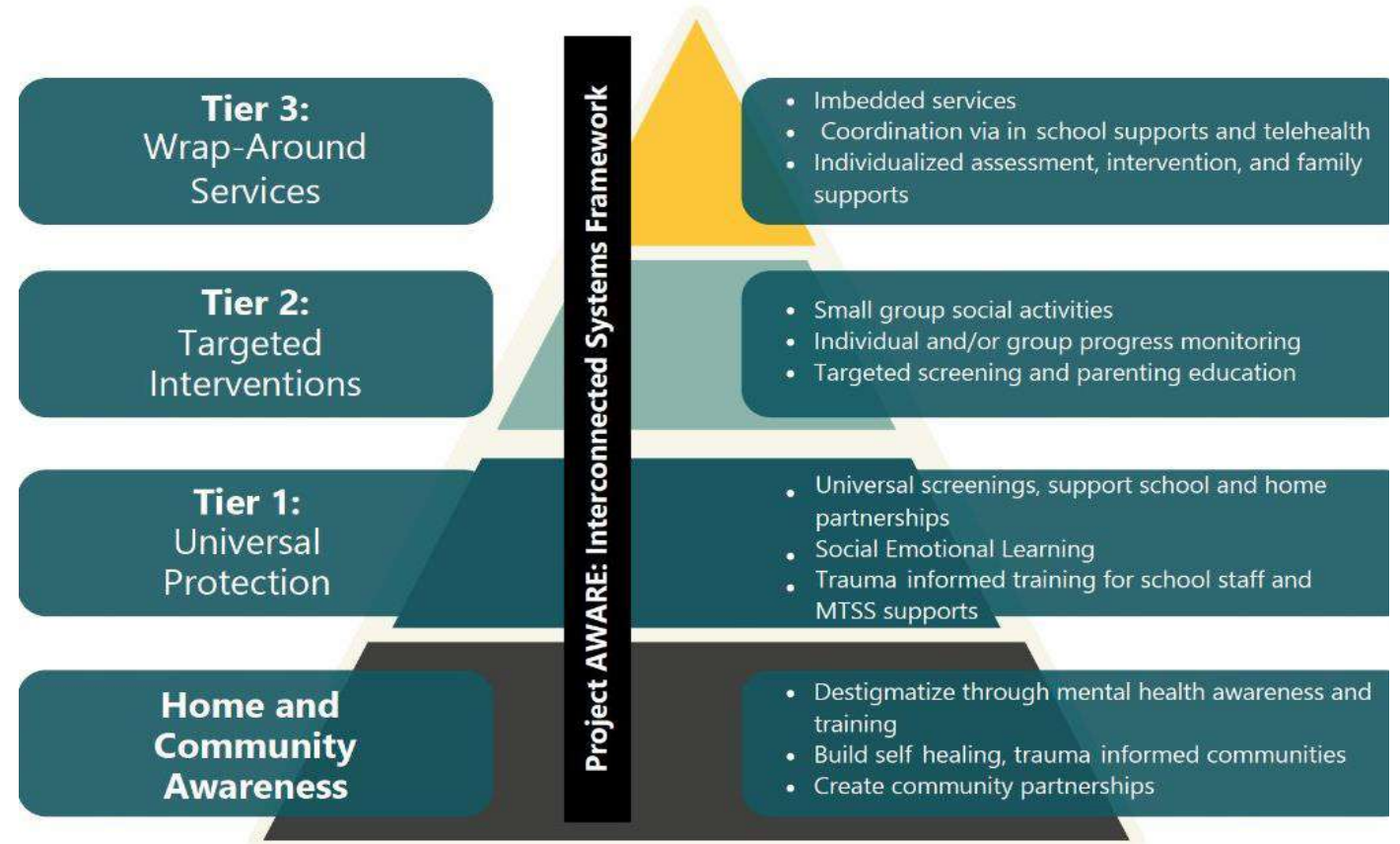
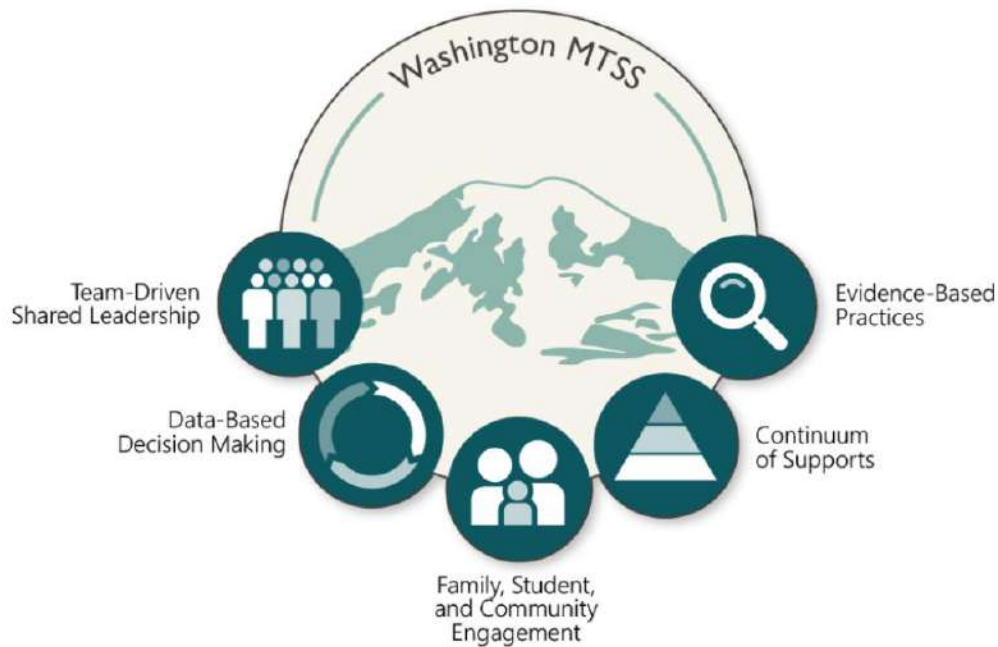
Recognition

Screening

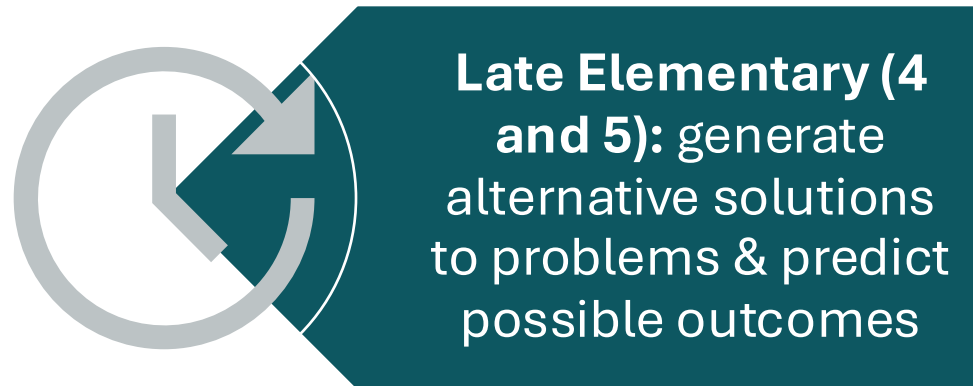
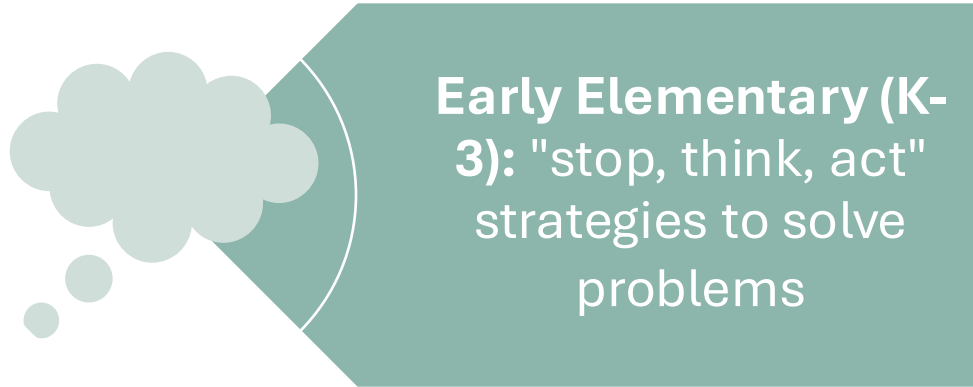
Response



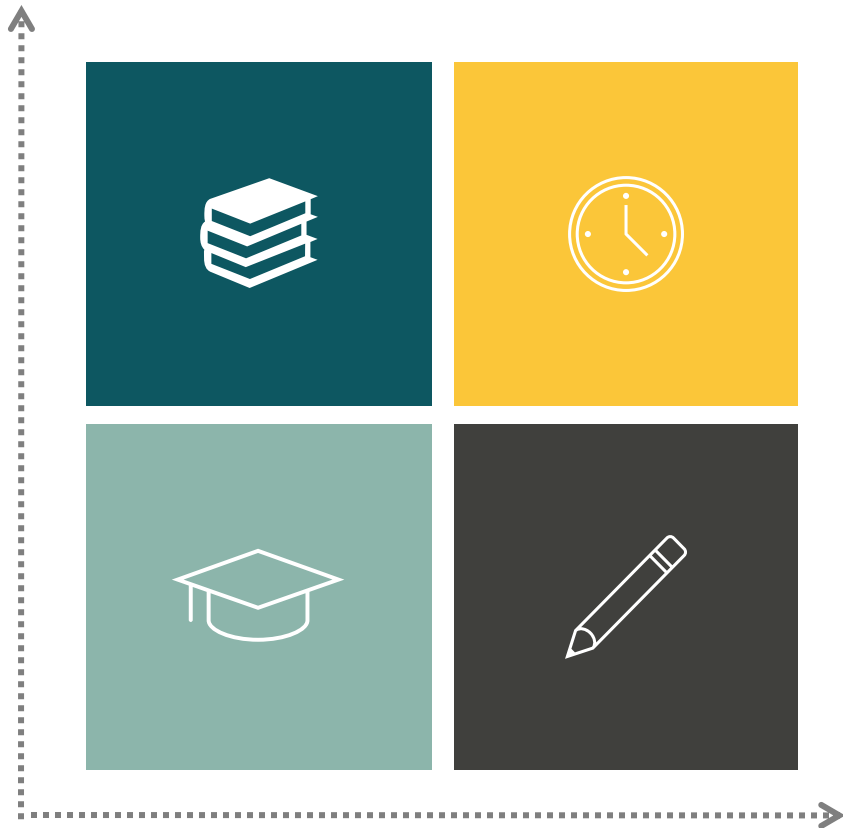
Layered Support Models



SEL & Child and Youth Development



Language



Person first words

Progress

Value the person's humanity, we are not defined by our conditions.

Still ways to go

Two things can be true at once. Ex. NIDA & SAMHSA

Our why

Equity, build resilience, empower those at risk and most vulnerable.



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Ongoing Support



NEWSLETTER &
NEWSFLASH



PROFESSIONAL
DEVELOPMENT



OSPI WEBSITE



TECHNICAL
ASSISTANCE



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[Substance Use Prevention & Intervention \(ospi.k12.wa.us\)](https://ospi.k12.wa.us)

Prevention is...

hope



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Monroe School District

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Prevention Is...

Consider...

You're not alone...

Learning Objectives

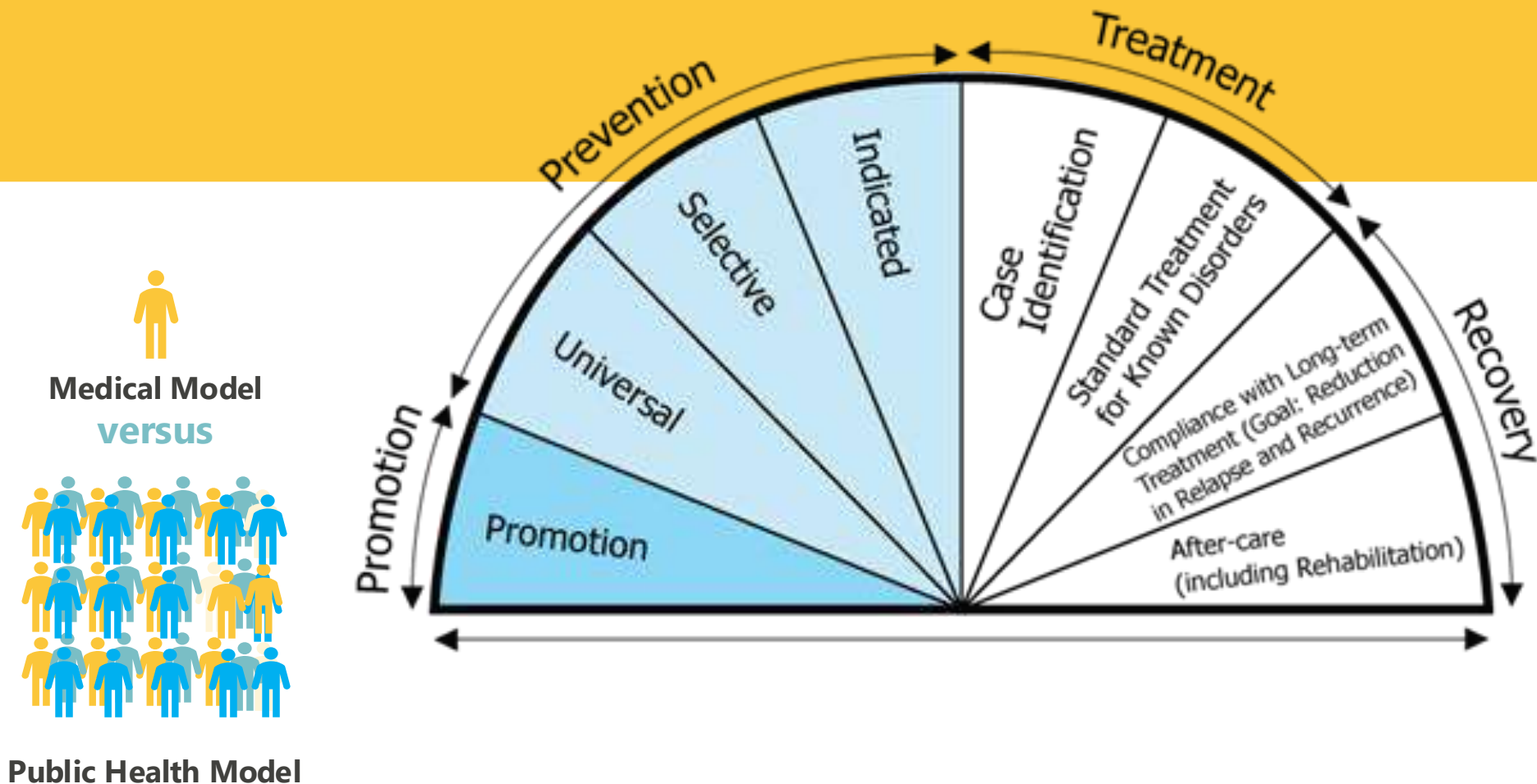
- Learn about primary prevention for substance use disorders
- Consider effective and ineffective strategies for improving student health and opportunity
- Discover a collaborative approach for planning prevention in your school and community

In the Chat Box



How do you define prevention?

Substance Use Services Happen Across a Continuum of Response



Medical Model
versus



Public Health Model



Primary substance use prevention is a multi-tiered strategy that aims to prevent or delay the first use of harmful substances.













Effective Prevention is Tailored to the Needs of the Developing Brain



Prevention Starts with Understanding Risk

Domains	Risk Factors Measured on the Healthy Youth Survey	Adolescent Problem Behaviors						Protective Factors
	<p>Risk factors are characteristics that lead to increases in problematic behaviors like alcohol and other substance use, juvenile crime, teen pregnancy, school dropout, and violence.</p> <p>The following factors have been shown to increase the likelihood that youth may develop these problematic behaviors that impact health and success.</p>	Substance Use	Depression & Anxiety	Juvenile Crime	Teen Pregnancy	School Dropout	Violence	<p>Protective factors significantly reduce the potential for involvement in these problematic behaviors despite the presence of risk.</p> <p>Research clearly shows the more protective factors present in a young person's life, the lower their risk of developing or suffering from any of these behaviors.</p>
Community	Availability of Substances	✓					✓	<ul style="list-style-type: none"> • Opportunities for positive involvement in the community • Recognition for positive involvement in the community
	Availability of Firearms			✓			✓	
	Community Laws & Norms Favorable to Substance Use, Firearms & Crime	✓		✓			✓	
	Low Neighborhood Attachment & Community Disorganization	✓		✓			✓	
Family	Family History of the Problem Behavior	✓	✓	✓	✓	✓	✓	<ul style="list-style-type: none"> • Bonding to family members with healthy beliefs and clear standards • Attachment to family members with healthy beliefs and clear standards • Opportunities for positive involvement in the family • Recognition for positive involvement in the family
	Family Management Problems	✓	✓	✓	✓	✓	✓	
	Family Conflict	✓	✓	✓	✓	✓	✓	
	Favorable Parental Attitudes Toward Substance Use	✓		✓			✓	
School	Academic Failure	✓	✓	✓	✓	✓	✓	<ul style="list-style-type: none"> • Bonding and attachment to school • Opportunities for positive involvement in school • Recognition for positive involvement
	Lack of Commitment to School	✓		✓	✓	✓	✓	
Individual	Friends Use of Substances	✓		✓	✓	✓	✓	<ul style="list-style-type: none"> • Bonding to peers with healthy beliefs and clear standards • Attachment to peers with healthy beliefs and clear standards • Opportunities for involvement with positive peers • Increase personal social skills
	Favorable Attitudes Toward Substance Use	✓		✓	✓	✓		
	Early Initiation of Substance Use	✓		✓	✓	✓	✓	
	Gang Involvement	✓		✓			✓	

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	Gang Involvement							

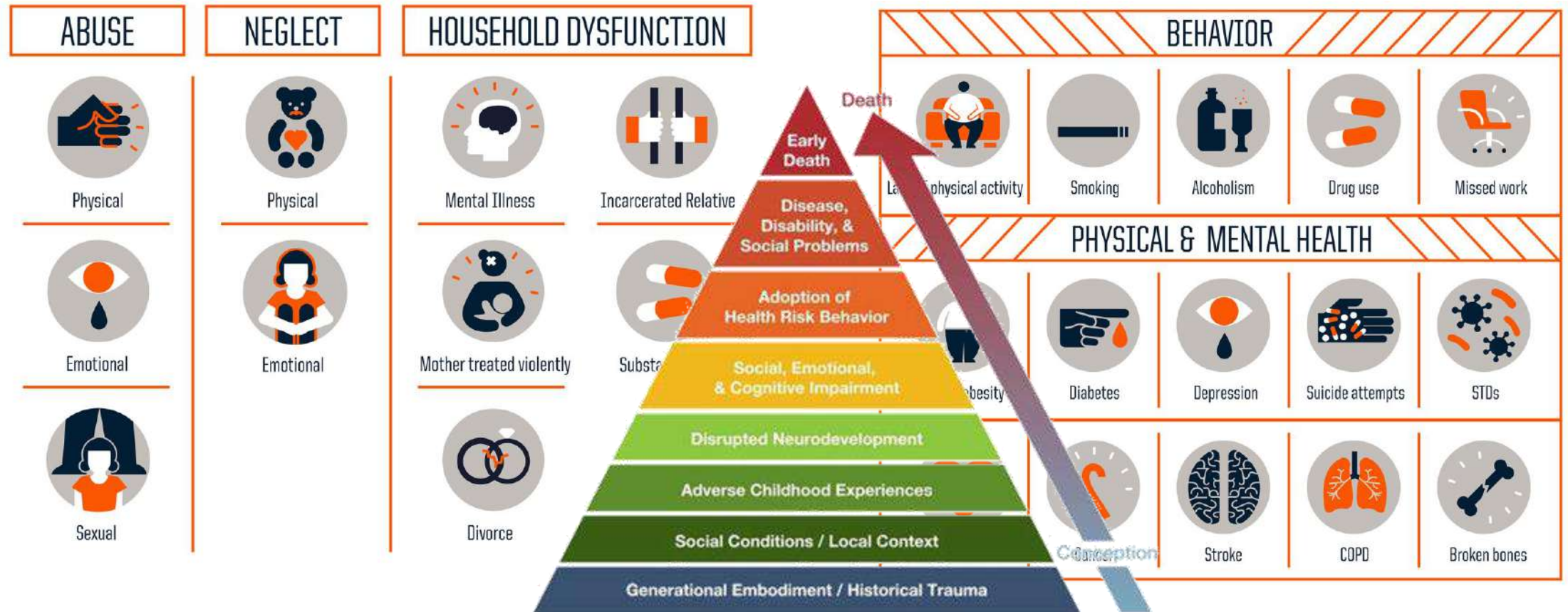
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	Gang Involvement							

Risk Factors Cause Symptoms that Impact School Culture and Learning

WA Students Reporting Alcohol Use (HYS 2023)	8 th Grade	10 th Grade
Mostly C's, D's or F's	1.8x	1.7x
Hating School	1.7x	1.6x
Victim of Bullying	1.8x	1.8
Skipping School (4+ days)	3.3x	4.0x
Drunk or High at School	18.9x	8.1x
Vaping on School Property	21.6x	11.0x
Thinking about Suicide	4.0x	2.8x
Attempt to Die by Suicide	4.9x	4.3x

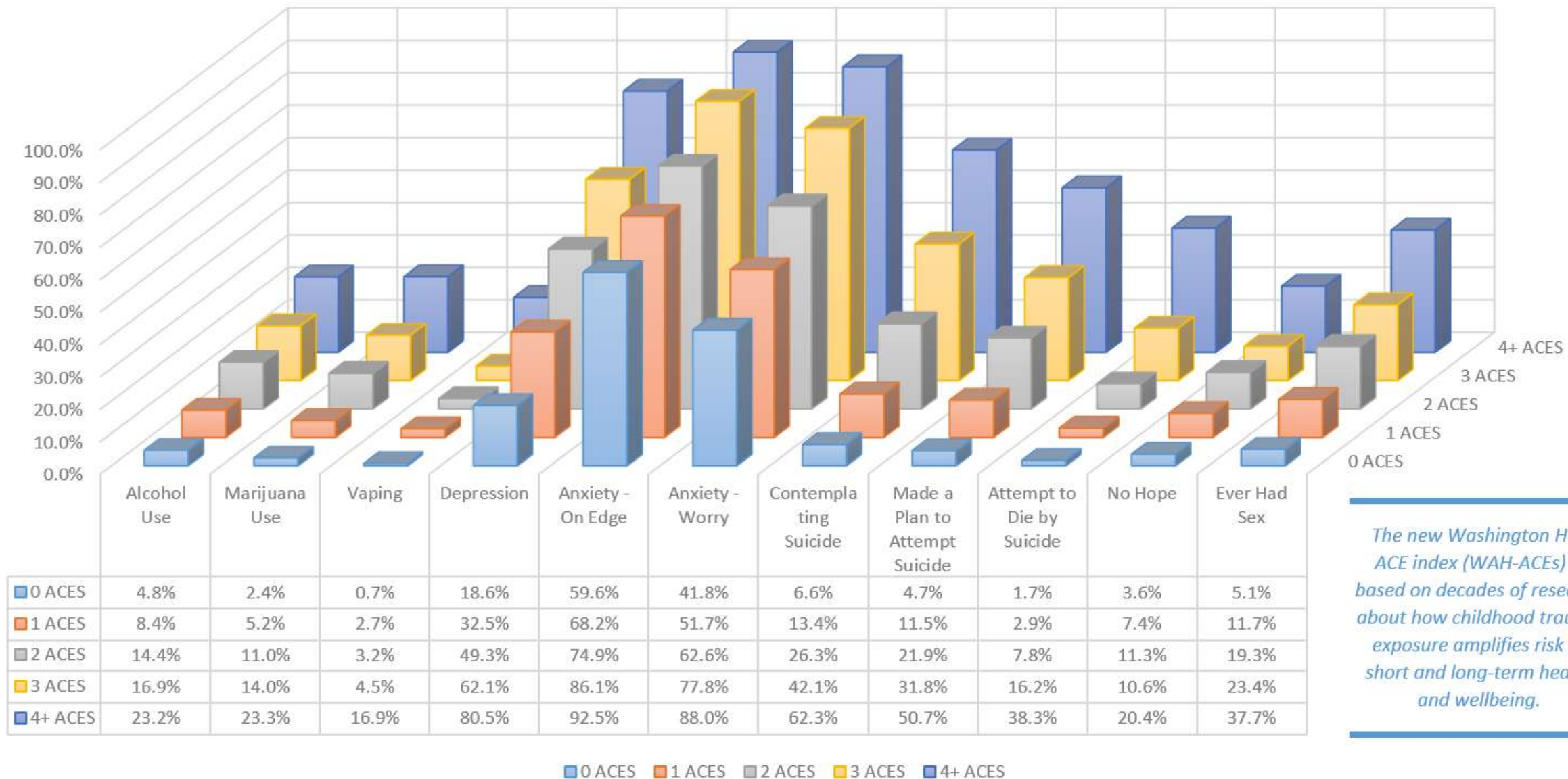
WA Students Reporting Depression (HYS 2023)	8 th Grade	10 th Grade
Mostly C's, D's or F's	2.0x	1.7x
Hating School	2.0x	2.0
Victim of Bullying	2.5x	2.9x
Skipping School (4+ days)	2.8x	3.9x
Drunk or High at School	5.7x	3.9x
Vaping on School Property	7.2x	3.9x
Thinking about Suicide	9.6x	9.3x
Attempt to Die by Suicide	12.8x	9.5x

Social Determinants of Health: Adverse Childhood Experiences



Washington State Healthy Youth Survey - 10th Grade

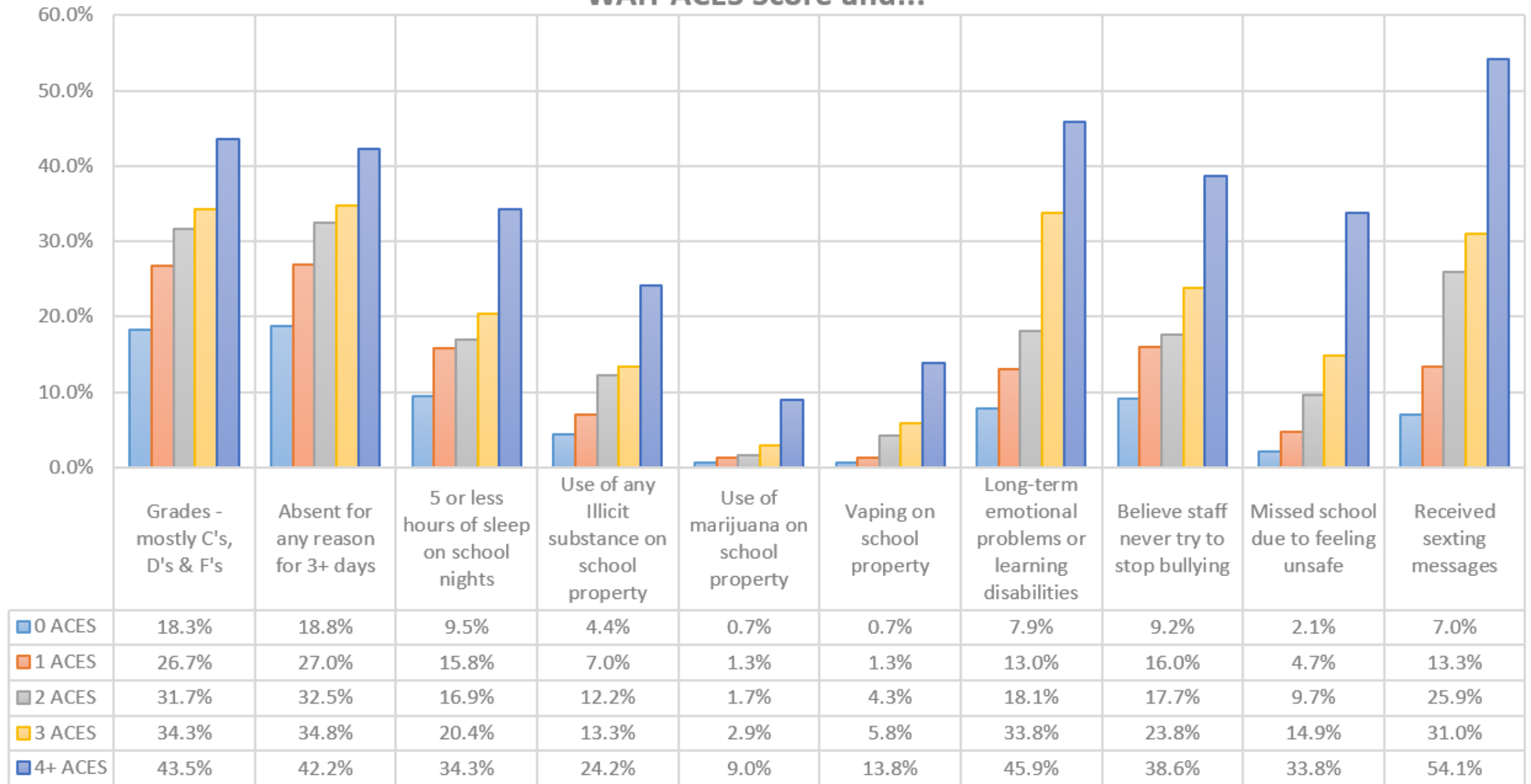
WAH-ACES Score and...



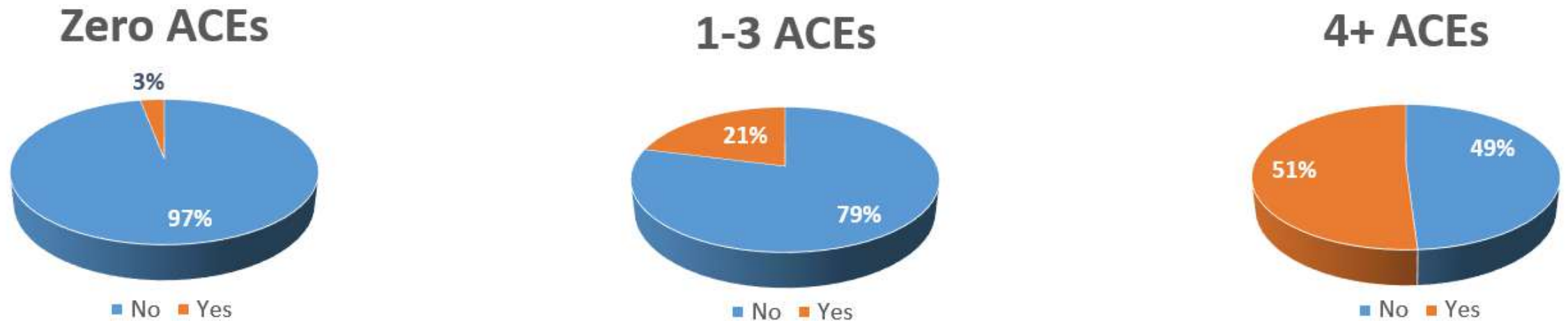
The new Washington HYS ACE index (WAH-ACEs) is based on decades of research about how childhood trauma exposure amplifies risk to short and long-term health and wellbeing.

Washington State Healthy Youth Survey - 10th Grade

WAH-ACES Score and...

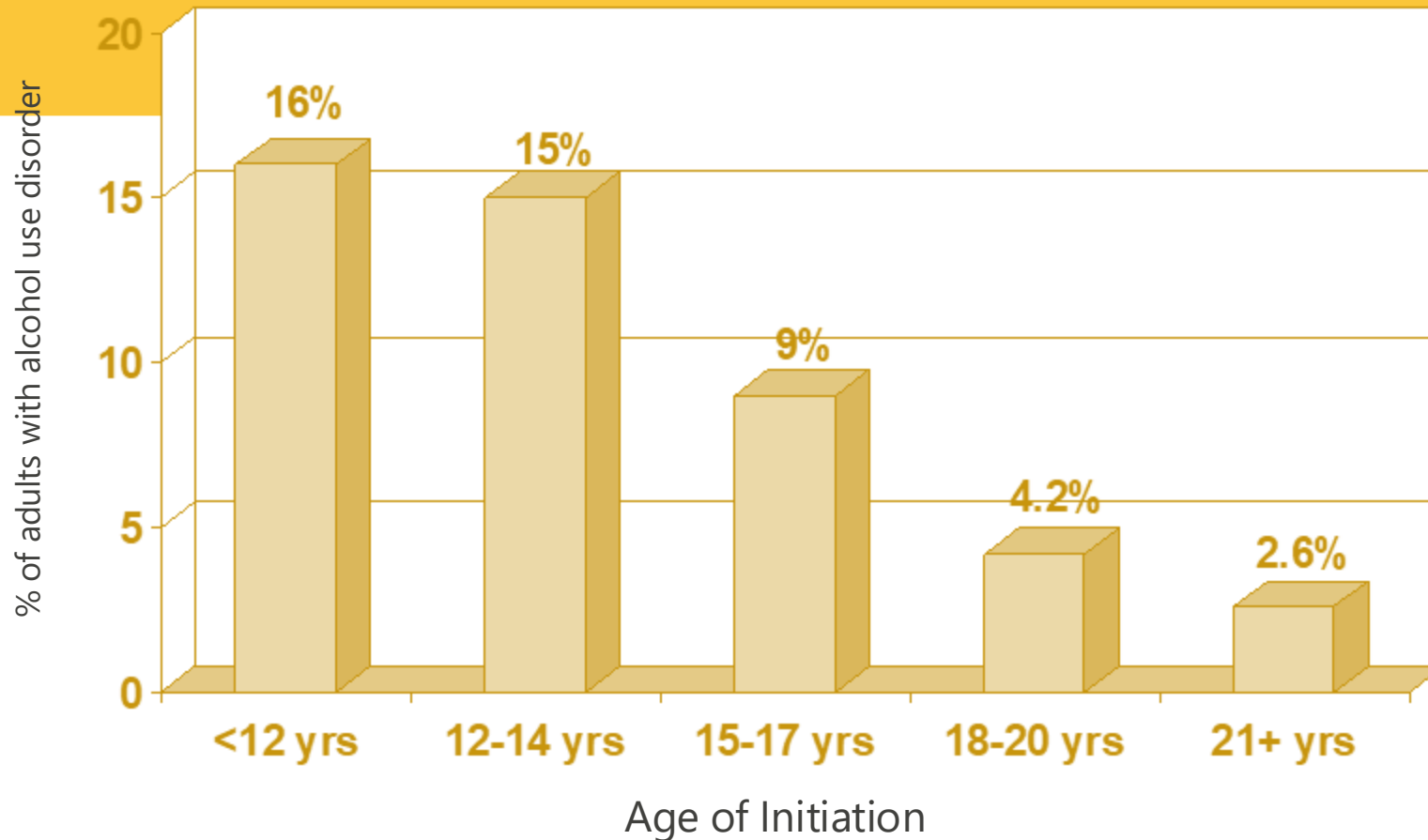


Need for Academic or Behavioral Intervention by ACE Score

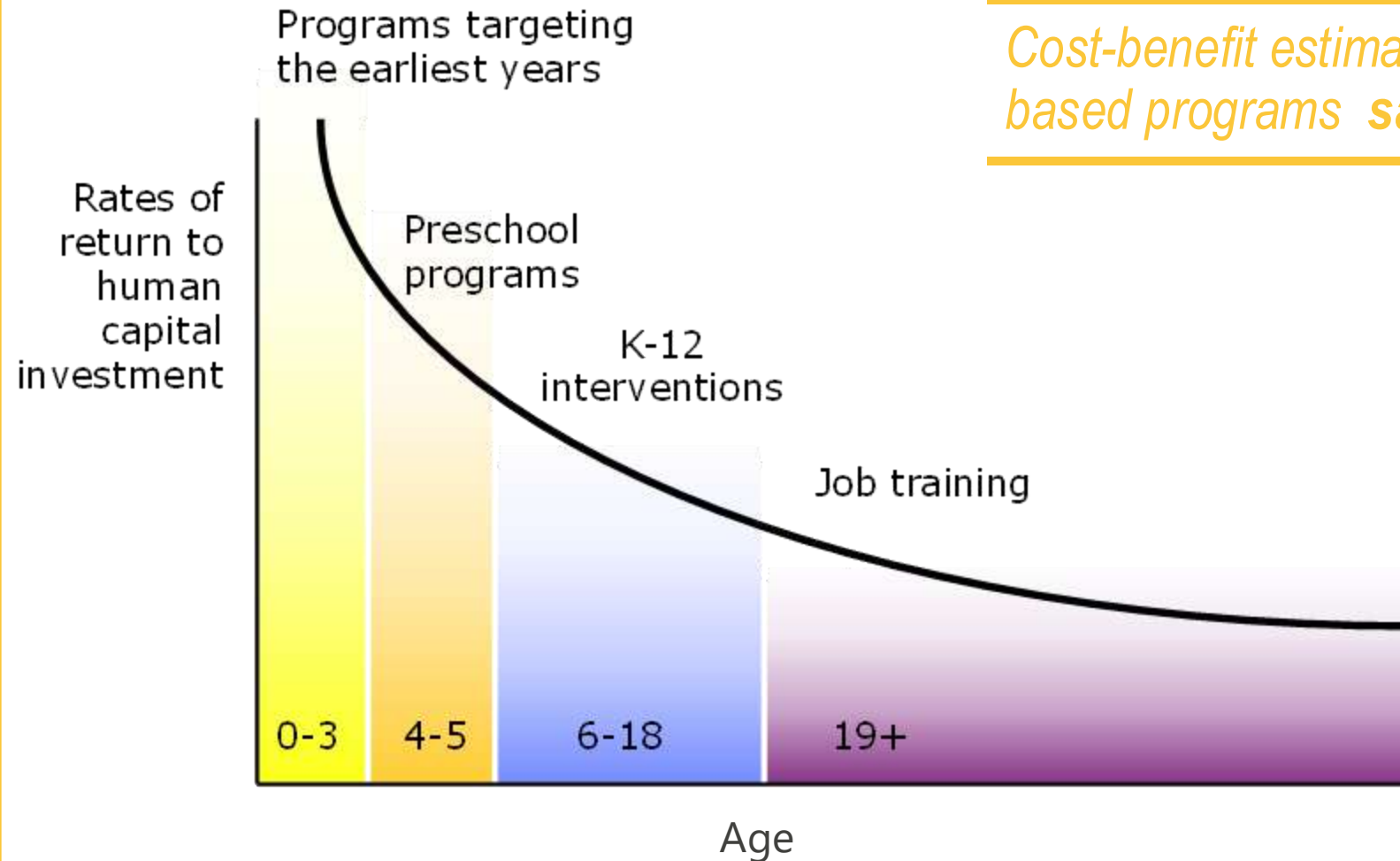


Prevention is about Timing...!

Percentage of Past Year Alcohol Use Disorder
Among adults aged 21 or older by Age of First Use

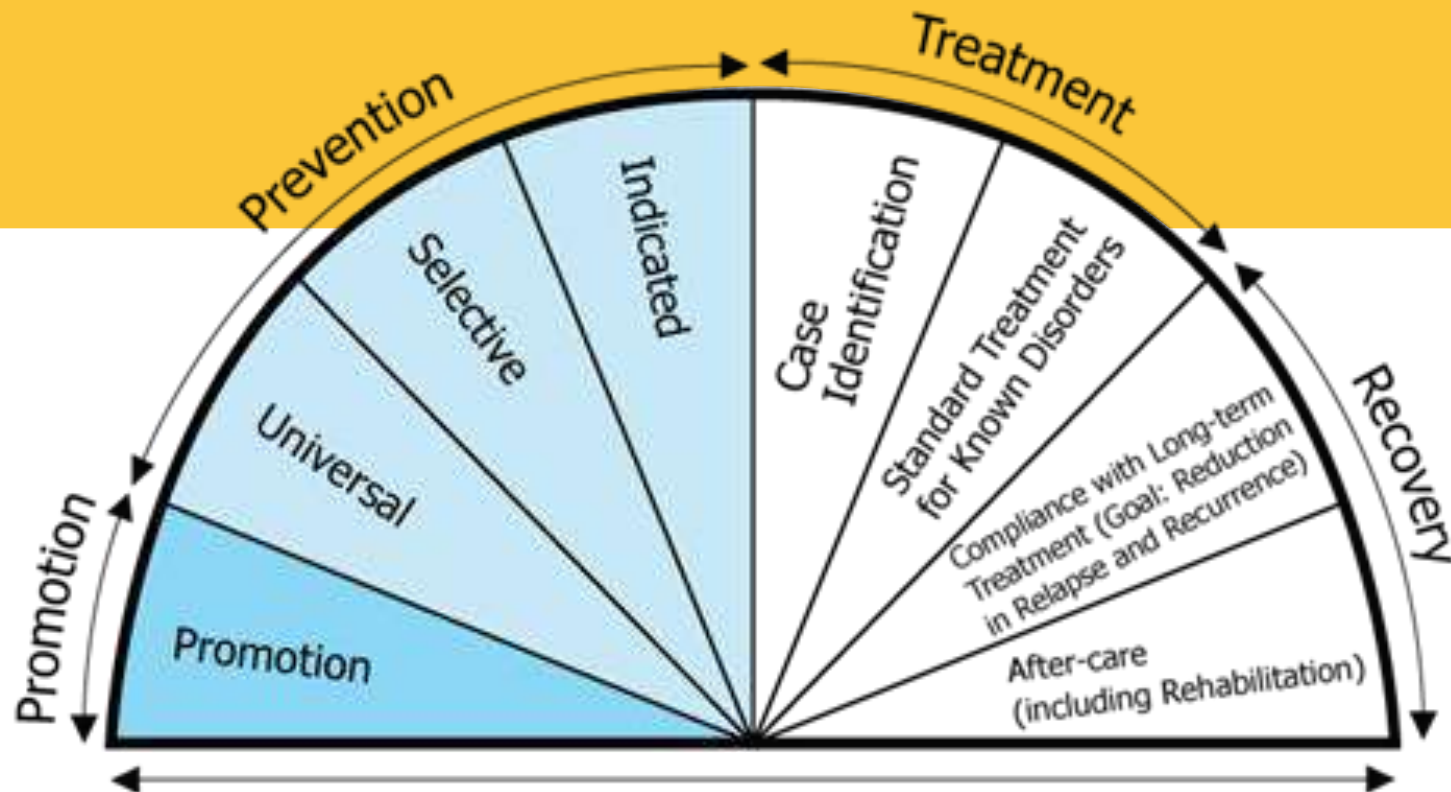


...and Knowing When to Invest.



*Cost-benefit estimates show that effective school-based programs **save \$18 for every \$1 spent.***

Prevention is Equity

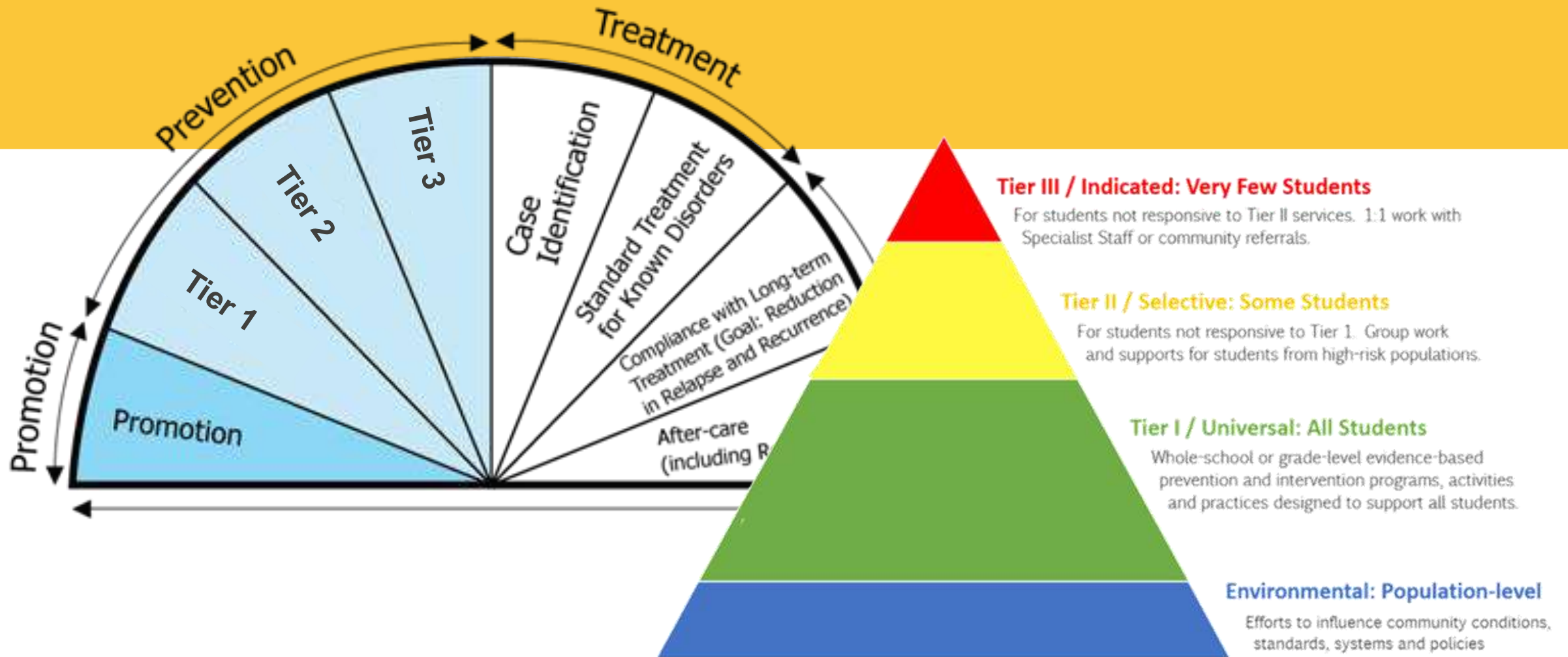


Medical Model
versus

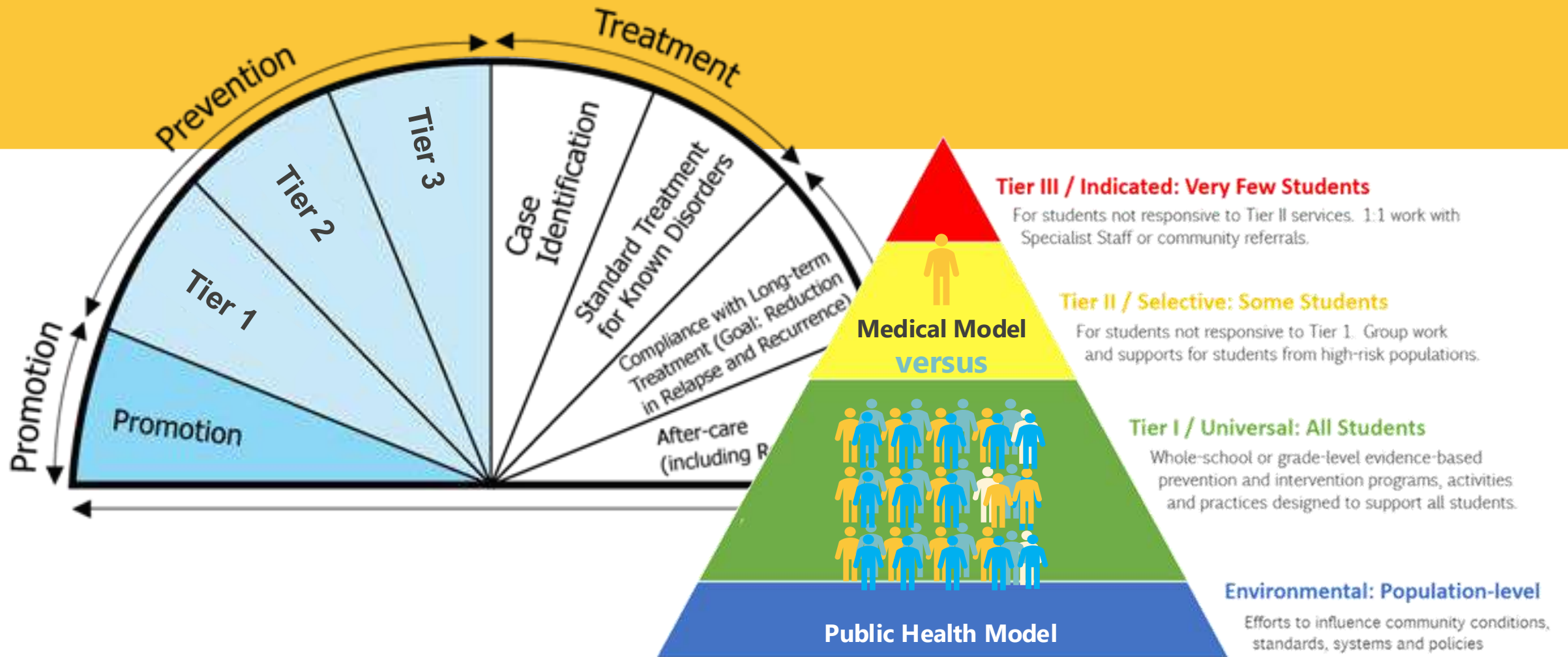


Public Health Model

Prevention is MTSS

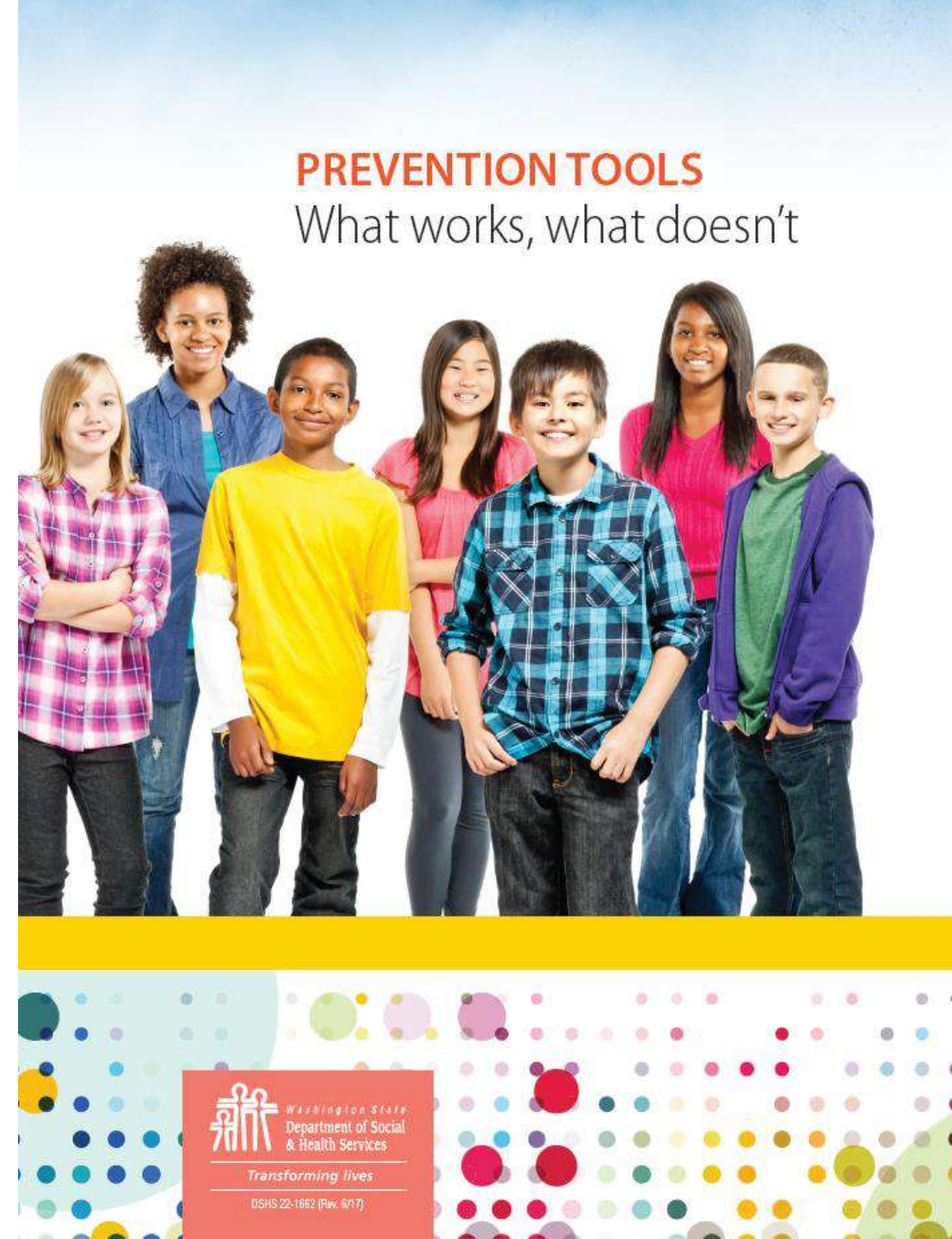


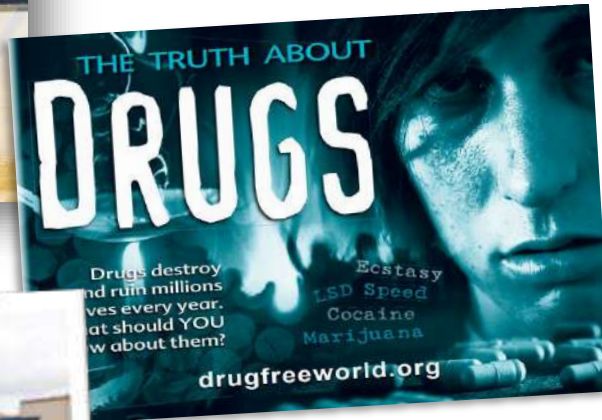
Prevention is MTSS



Prevention is Committing to What Works...

- Teaching skills
- Opportunity to contribute
- Recognition for effort
- Increasing belonging
- Improving study habits and academic support
- Predictable and supportive discipline
- Positive and Compensatory Experiences (PACES)





Myth Drinking is a good way to loosen up at parties.

FACT Drinking is a dumb way to loosen up. It can make you act silly, say things you shouldn't say, and do things you wouldn't normally do (like get into fights or have sex).

... and Accepting that Some Widespread Strategies Don't Work

- One-time assemblies and events
- Personal testimony
- Knowledge-only education
- Drug fact sheets
- Scare tactics (fear arousal)
- Distant consequences
- Role play (vs. behavioral rehearsal)

**Evidence-based programs are
rigorously evaluated and proven to
do good in real time and over time.**

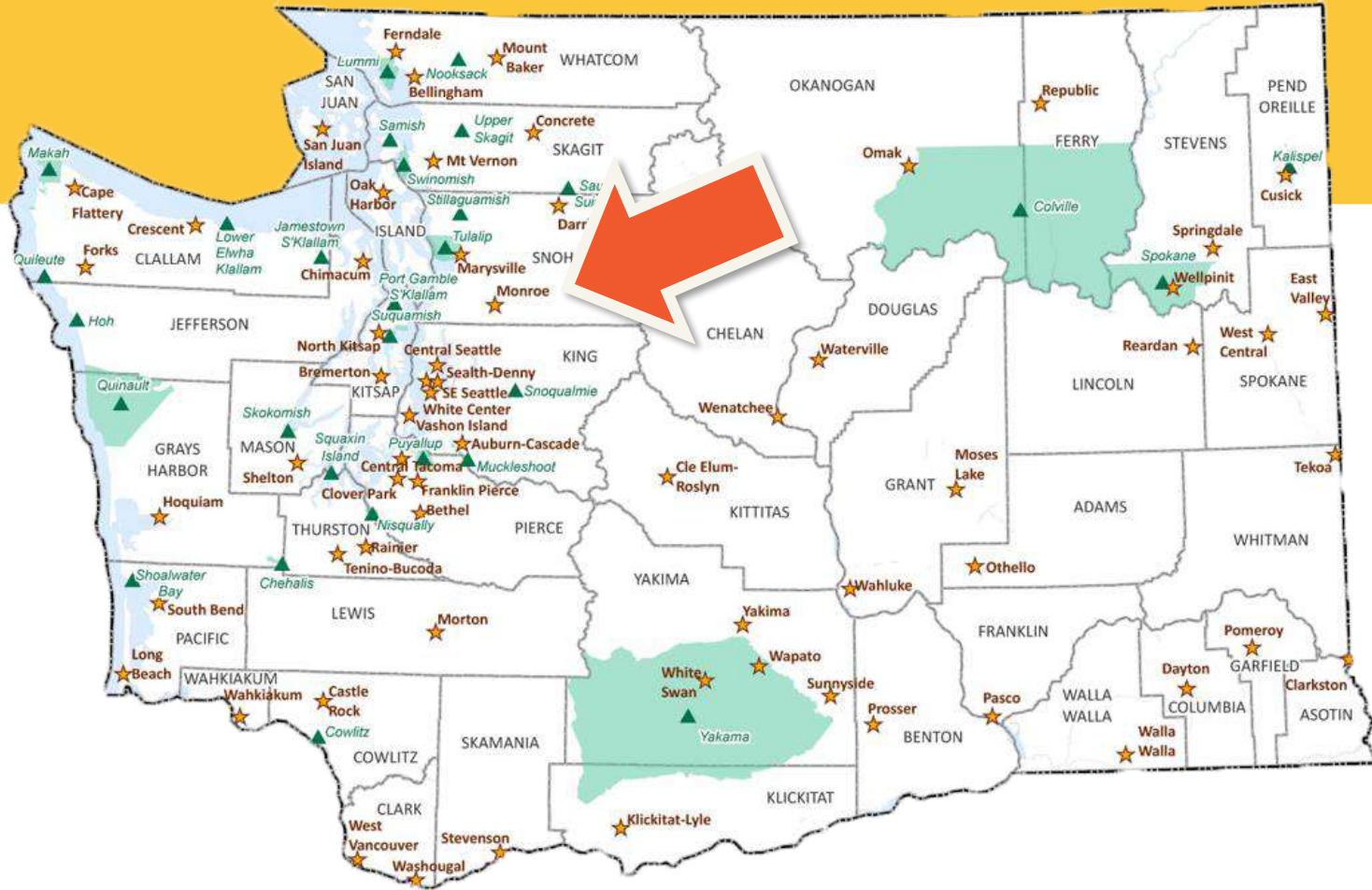
**They have been shown NOT to cause
unintentional harm.**

We Must Temper Our Best Intentions with Best Practice



- At its peak, DARE was practiced in 75% of American schools and in 52 countries at an annual cost of \$1.3 billion to schools.
- At least 8 studies concluded that DARE had **no effectiveness in preventing drug use** among elementary, middle or high school students.
- DARE **increased the likelihood of substance use initiation and criminal justice involvement** among vulnerable student populations.

Prevention is Knowing Schools Can't Do this Alone



- Nearly 100 Communities
- More than 100 schools
- All 39 counties

Prevention Works: Youth in Monroe are Healthier than Ever!

**Regular Alcohol
Use:**

**Lowest Rates Ever
Recorded (10, 12)**

Binge Drinking:

**Lowest Rates Ever
Recorded
(All Grades)**

**Regular Marijuana
Use:**

**Lowest Rate Ever
Recorded (10)**

Vaping:

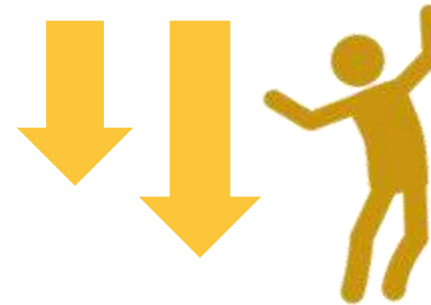
**Lowest Rates Since
2014 (All Grades)**

**Rx & Prescription
Painkiller Use:**

**Within State Norms
(All Grades)**

Depression:

**Lowest Rates Ever
Recorded (10, 12)**



Attempted Suicide:

**Lowest Rates Ever
Recorded (10, 12)**

By working together, students in Monroe have been reporting our highest levels of wellness since 2018!

Source: Washington State Healthy Youth Survey 2023



Prevention is a Partnership

Our Coalition is a collaboration of neighbors and professionals who feel a responsibility **for helping youth to grow up healthy and strong.**

We want to prevent youth from experiencing the **negative impacts of alcohol and other drug use** because they adversely impact school performance, job prospects, and physical and mental health.

Our goal is to keep the pot from boiling over into a larger problem for our school and community.



Moms & Dads	Grandparents	Youth
Law Enforcement	Business	Healthcare
Media	Schools	Government
Mental Health Treatment	Substance Use Treatment	Faith Community
Volunteer Groups	Family Serving Agencies	More



Policy 2121 – Substance Abuse Strategy

The board recognizes the effects to the school, home and community resulting from the abuse of alcohol and the use and abuse of controlled illegal, addictive or harmful substances...

The board of directors will seek the support, cooperation and coordination of public and private agencies through the formation of a substance abuse focused advisory committee or community coalition, which may include representatives from the following sectors: youth; parent; law enforcement; civic/volunteer group; business; healthcare, schools; youth serving organization; mental health; religious or fraternal organization; local government; chemical dependency treatment; and, other substance abuse organizations.

We Used a Tested Planning Framework

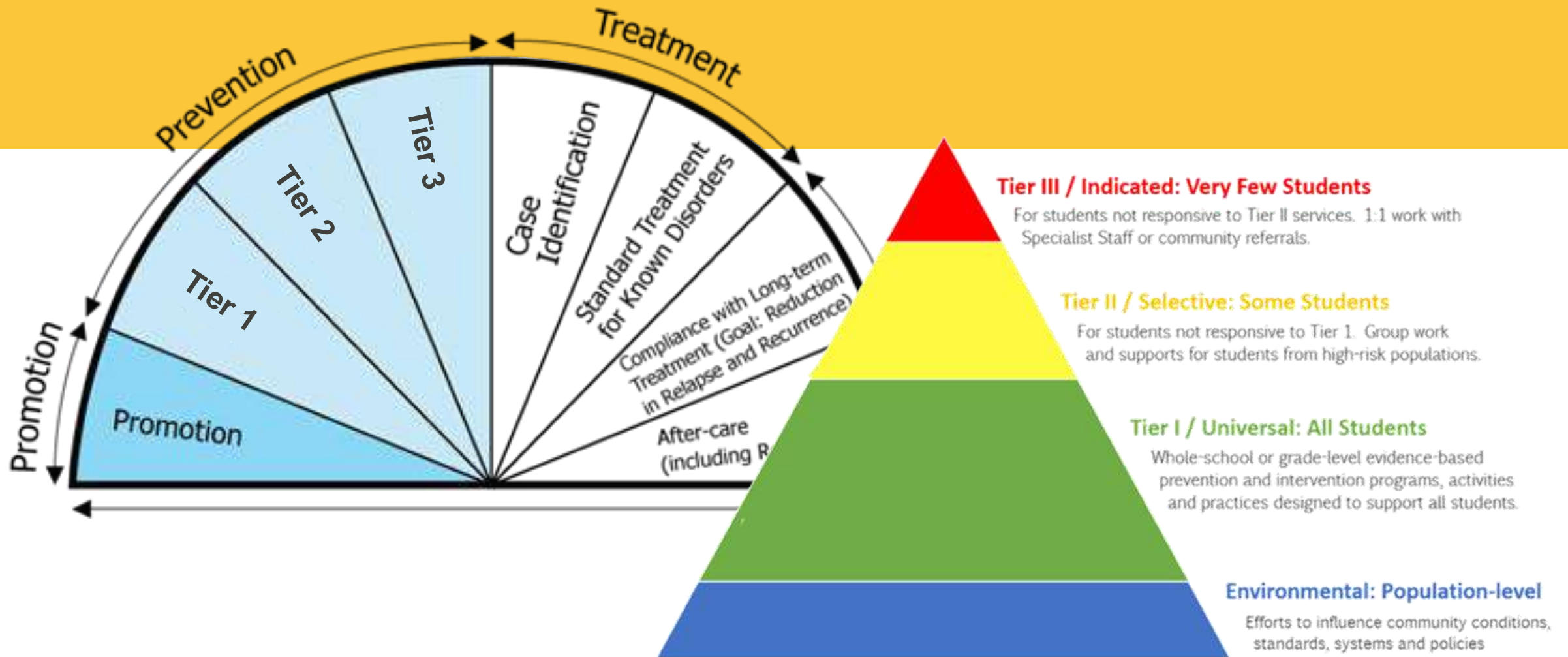


We plan our approach to prevention by answering five simple questions:

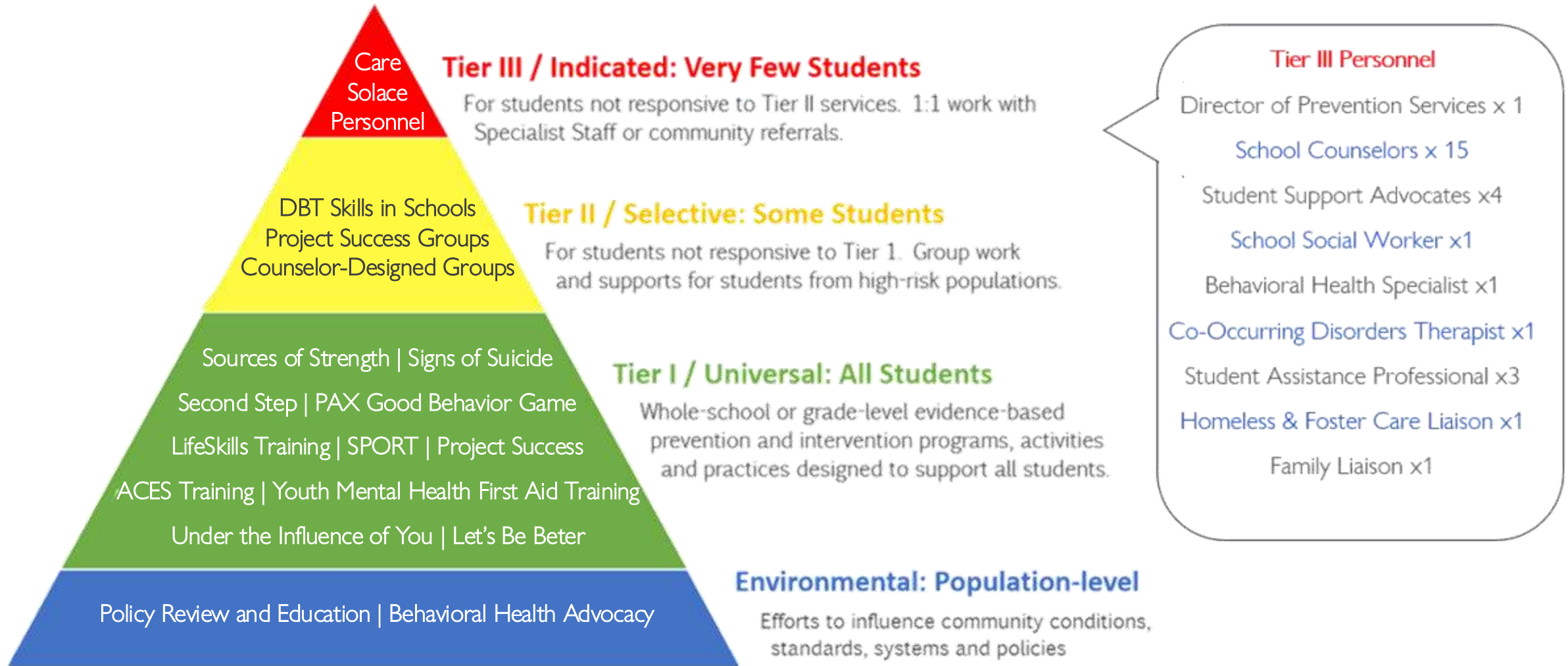
1. **What's the problem and why is it happening here?**
2. **What resources do we have, and need, to address the problem?**
3. **Considering our needs and resources, what approaches should we take?**
4. **What are we going to do to get the work done?**
5. **How will we know if we're successful?**

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	Low Neighborhood Attachment & Community Disorganization	✓		✓			✓	
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	Family Conflict	✓	✓	✓	✓	✓	✓	
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	Early Initiation of Substance Use	✓		✓	✓	✓	✓	
	Gang Involvement							

We Took a Multi-Tiered Approach...



... and Created an Audacious Whole



SEL program selection is not a checkbox, it's an opportunity!

Different programs produce different outcomes that can address your unique needs.

Some Social Emotional Learning Programs Have Powerful Prevention Outcomes!

Program	Casel SElect	Substance Use	Bullying/ antisocial	Mental Health	Attendance	Delinquency	Academic Performance
Al's Pals	✓	✓	✓	✓		✓	
I Can Problem Solve	✓	✓				✓	
IY – Classroom Management +	✓	✓		✓		✓	
Lion's Quest: Skills Adolescence	✓	✓					
Positive Action ++	✓	✓	✓	✓	✓	✓	✓
PATHS +	✓	✓	✓	✓		✓	✓
Second Step*	✓	✓	✓				✓

Questions?
Add them to the **Q&A**.
Upvote the questions you like

thank
you



What Does it Look
Like to Do This Work?

Panelists

- Add your questions to the **Q & A**
- **Upvote** questions you want answered most



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North Central ESD

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Rebecca Purser,

Tribal Schools Opioid Education Pilot
Implementation Lead

Office of Native Education, OSPI

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Share What You Learned



- Discuss your ideas with leadership



- Share ideas with your Professional Learning Community



- Lead a discussion with students





Resources



What Does it Look
Like to Do This Work?

Resources

Funding

- [Unlocking Federal & State Program Funds to Support Student Success](#)

Tools & Videos

- [Read & Subscribe](#) to the Engage Newsletter
- [Prevention tools: What works, what doesn't | The Athena Forum](#)
- [Words Matter: Preferred Language for Talking About Addiction | National Institute on Drug Abuse \(NIDA\)](#)

Websites

- OSPI page [Substance Use Prevention & Intervention Best Practices & Resources](#)
- [Monroe Community Coalition | A grassroots substance abuse prevention and mental health promotion collaborative.](#)

People

- [Connect with OSPI staff](#)



Next Month

January 8, 2025

10:00 a.m. – 11:30 a.m.

Artificial Intelligence Hacks for Leadership Teams



Evaluation

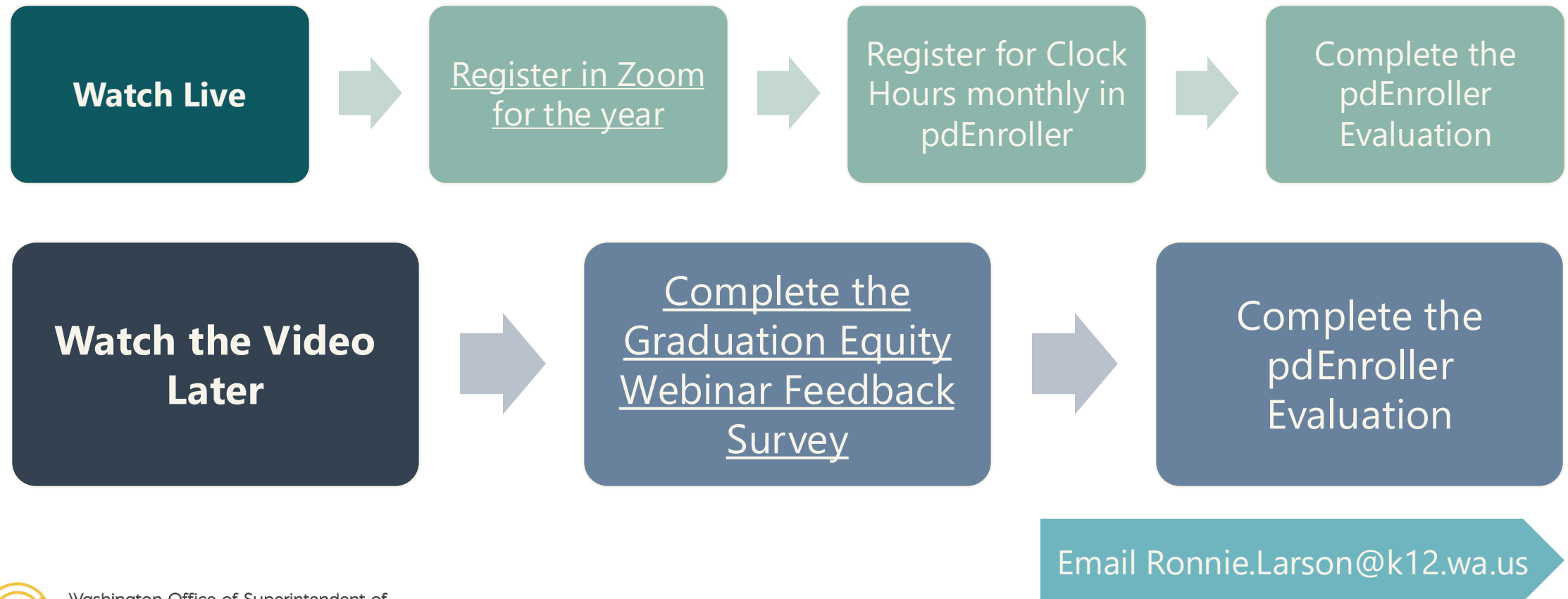


What
worked?

What could
we adjust?



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