

Substance Use Impact on Education

**SJR 77 Substance Abuse Study
Sub-Committee Meeting
November 18, 2008**

**Jo Ann Burkholder, Coordinator
Virginia Department of Education**

**Schools don't have alcohol,
tobacco and other drug
problems ...**

**Youth in schools have
alcohol, tobacco and other
drug problems...**

Substance Use Impact on Academic Success

- Substance abuse often precedes academic problems:
 - Low grades
 - Higher truancy
 - Low expectations
 - Dropping out
- The more a student uses cigarettes, alcohol, marijuana, cocaine and other drugs the more likely they will perform poorly in school, drop out or not continue to higher education.

Brain Development

- The brain continues to develop into adulthood and undergo dramatic changes during adolescence.
- The earlier a youth begins to use alcohol and other drugs the more likely he or she will progress to more serious abuse and experience the harmful effect that alcohol and other drugs can have on the developing brain.

Brain Development

- Teens still developing judgment and decision-making skills may limit their ability to assess risks accurately and make sound decisions about using alcohol and other drugs.
- Drug and alcohol abuse can disrupt brain function in areas critical to motivation, memory, learning, judgment, and behavior control.
- Teens who abuse alcohol and other drugs often have family and school problems, poor academic performance, health-related problems (including mental health), and involvement with the juvenile justice system.

Most and Least Frequently Used Substances

(8th, 10th, 12th Grade Virginia Youth 2005)

Most

Alcohol

Cigarettes

– Smokeless Tobacco

Marijuana

Inhalants

Pain Killers

Other Drugs

Least

Stimulants

LSD

Cocaine

Ecstasy

Methamphetamines

Heroin

Steroids

2005 Virginia Community Youth Survey

2005 Virginia Youth Reported Age of First Alcohol, Tobacco and Other Drug (ATOD) Use

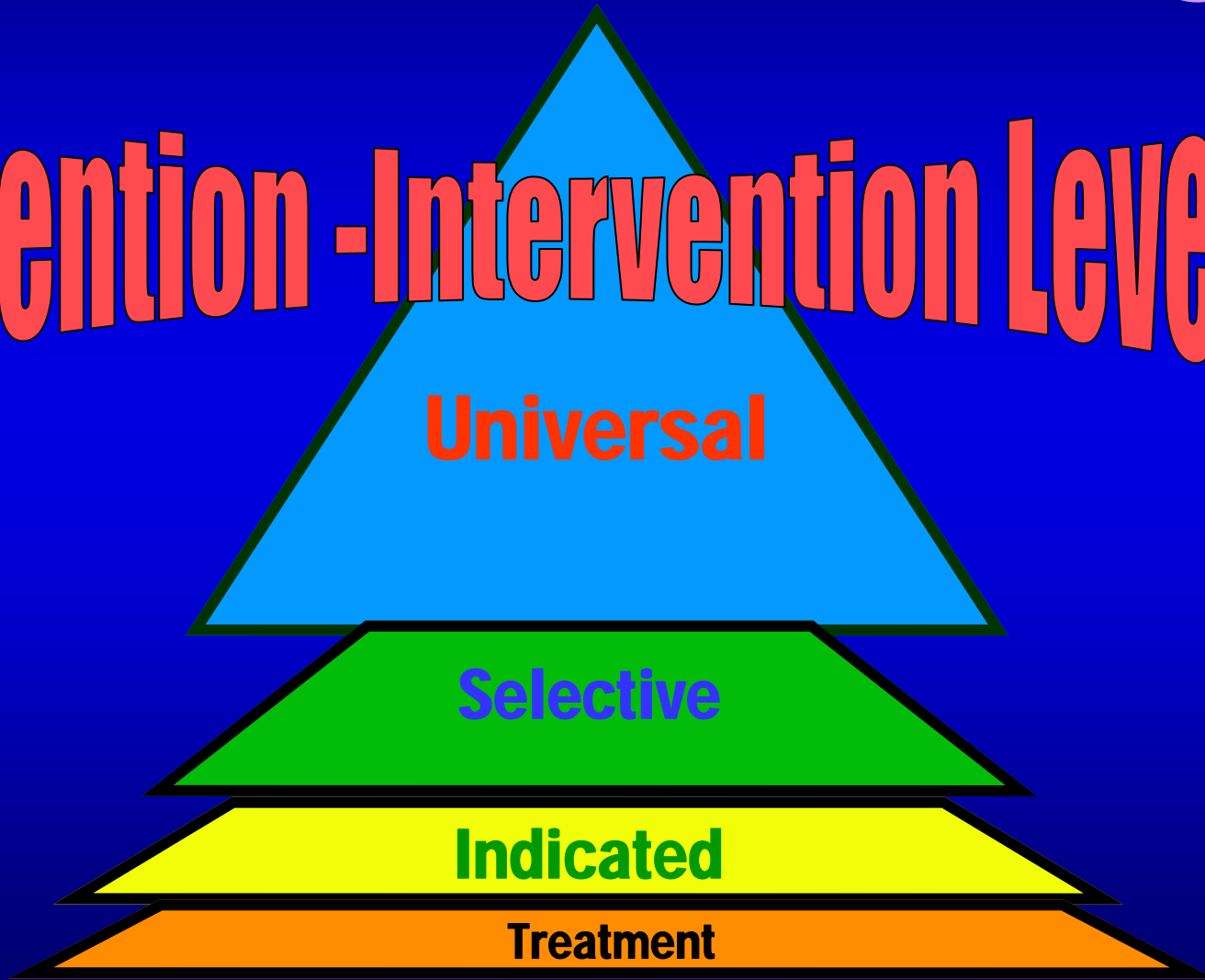
	<u>Mean Age</u>
Alcohol	13.23
Cigarettes	12.69
Marijuana	13.95
Drinking Regularly	14.43

2005 Virginia Community Youth Survey

What Prevention and Intervention Activities are Occurring in School Divisions

Health Promotion

Prevention - Intervention Levels



Programming in Virginia's 132 School Divisions

- **Health Education**
 - K-10 Standards of Learning**
- **Family Life Education**
- **Student Code of Conduct (Policy)**
- **Student Assistance Programming**
- **Safe and Drug-Free Schools and Community Act (SDFSCA) Title IV Part A, *No Child Left Behind***
 - **Authorized activities and services**
 - **Supplement state and local resources**

Student Assistance Programming (SAP) 2006/07

SAPs are in 63 (47%) of the 132 school divisions

Grades Pre-K to 5	28.15% (38)
Grades 6 to 8	48.15% (65)
Grades 9 to 12	49.63% (67)

Student Assistance provides an integrated system of care, including prevention, early intervention and support services that address mental health and substance use issues.

2006/07 Drug and Violence Prevention Activities Supported with SDFSCA Funds in Virginia's 132 School Divisions

Drug Prevention

– 96.56 percent (129 school divisions)

Violence Prevention

– 96.30 percent (130 school divisions)

Top Five SDFSCA Activities Implemented over the Past Three Years (2004-2007)

- **Age-appropriate and developmentally based drug and violence prevention curricula/activities**
- **Dissemination of drug and violence prevention information**
- **Activities that involve families and communities in setting clear expectations against violence and illegal use of drugs**
- **Professional development and training for school personnel, parents, and community members**
- **Student Assistance Programming**

Evidence-Based Curricula and Programs

Top Five Implemented in 2006/07

	<u>School Divisions</u>
Life Skills Training	51 (37.78%)
Olweus Bullying Prevention	29 (21.48%)
Second Step	19 (14.07%)
Character Counts	26 (19.26%)
AI's Pals	17 (12.59%)
Get Real About Violence	
Too Good For Drugs	

Percent of School Divisions Reporting Community Involvement

	<u>School Divisions</u>
Mental Health/SA Services	82% (111)
Parent/Citizen Groups	69% (93)
Social Services/ Juvenile Probation	68% (92)
Law Enforcement	87% (117)
Faith Community	36% (48)

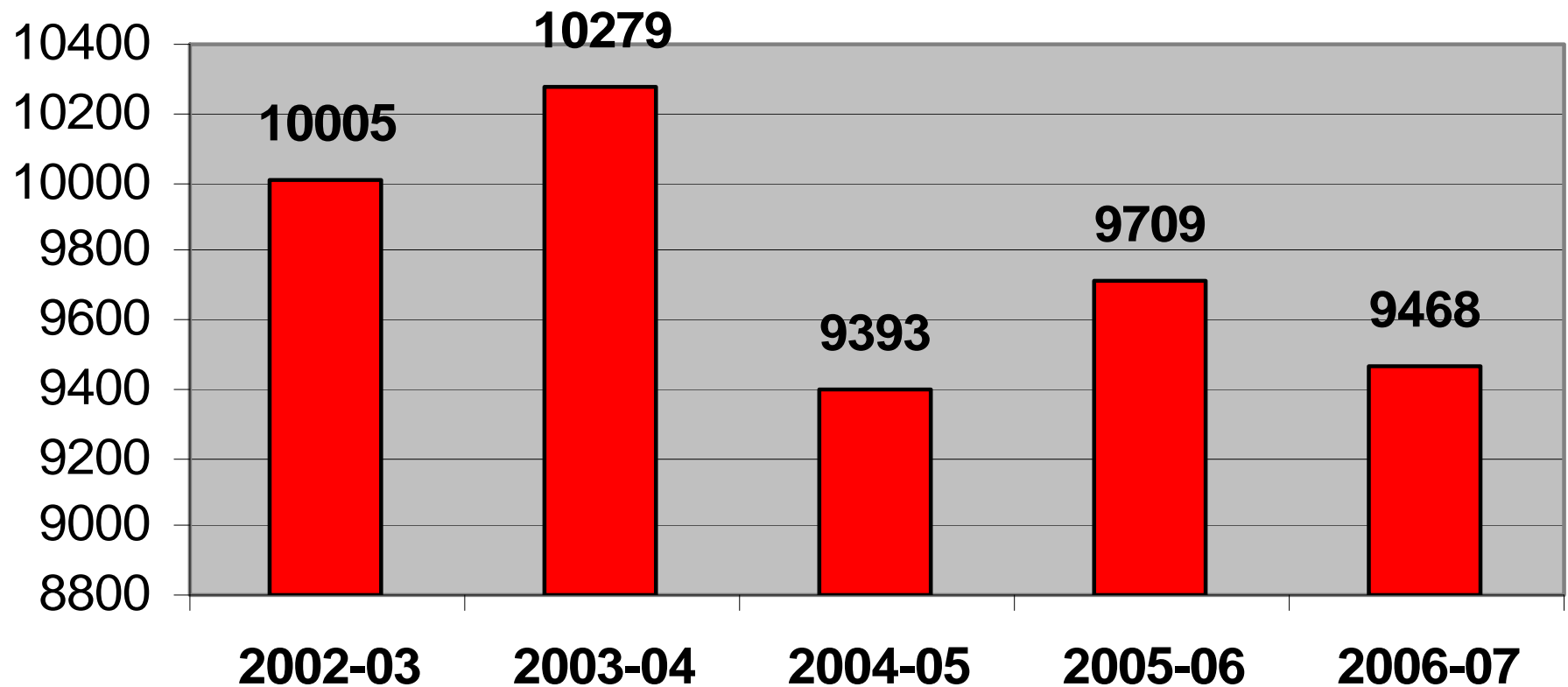
Types of Community Involvement

	<u>School Divisions</u>	
Joint Service Delivery	76%	(103)
Teacher/Staff Training	76%	(102)
Public Awareness Activity	73%	(98)
Student Involvement	51%	(69)
Fundraising	10%	(13)

What Alcohol, Tobacco and Other Drug Use Issues are Impacting School Divisions

Discipline, Crime and Violence Report

Number of Individual Students Who Violated an Alcohol, Tobacco or Other Drug Policy



Areas Impacted by the Lack of Training / Technical Assistance Identified by School Divisions

- **Student assistant program implementation**
- **Using objective data for needs assessment**
- **Evaluation methods and strategies**
- **Selecting and implementing evidence-based prevention programs**
- **Parent consultation and involvement**
- **Prevention basics**
- **Drug information publications**

In 2006-07 SDFSCA Coordinators Said . . .

**Recognize/appreciated ongoing VDOE
efforts to support them in their roles**

**Urged continuation/expansion of
Technical Assistance, training and
networking opportunities**

**Funding is a challenge, particularly in
small school divisions**

What Support is the Virginia Department of Education Providing School Division Efforts

Virginia Board of Education Comprehensive Plan includes:

Objective Eight -----Strategy Eight

Promote the establishment of student assistance programs to provide comprehensive services to address the needs of students.

2008 Student Assistance

Five regional two-day trainings

- Co-sponsored by VDOE & DMHMRSAS, Project Treat
- **Networking Sessions**
- **SAP included on SDFS Web site**
- **List Serve group**

- **October 2007 - Training Provided for the New 2007/08 Safe and Drug-Free School Coordinators**
- **April 2008 - Technical Assistance Workshop for Safe and Drug-Free School Coordinators**
 - **SAP Three hour overview**
 - **Prescription Drug Abuse Prevention Presentation**
 - **Inhalant Abuse Prevention Presentation**
- **July 2008 – Training Provided at the NCLB Academy**
- **Information sent via list serve**

- **New publication: “Inhalant Abuse Prevention: Staff Education and Student Curriculum”**
- **Inhalant Abuse Prevention Awareness Institute held March 12, 2008 in collaboration with the Virginia Inhalant Abuse Prevention Coalition**
- **Operation Prom/Graduation – Training and technical assistance for alcohol/drug-free after-prom and graduation all celebrations.**

Planned Support for 2009

SAP

- Guidelines
 - Data collection and evaluation
 - Workforce development
 - Train-the-Trainers
 - Core-Team Training Sessions
 - Web Ex Networking sessions
 - Interactive Web site
 - List-serv

- **November 2008 - Training for New 2008/09 Safe and Drug-Free School Coordinators**
- **Technical Assistance Workshop for Safe and Drug-Free School Coordinators**
- **Information to be sent via list serve**

Questions

References

- Hays RD, Ellickson PL: Associations between drug use and deviant behavior in teenagers. *Addiction Behavior* 1996, 21:291-302.
- Dewey JR: Association between school factors and substance use for elementary, middle, and high school students. *Journal of Primary Prevention* 1999, 19:177-225.
- Ellickson PL, McGuigan KA, Adams V, Bell RM, Hays RD: Teenagers and alcohol misuse in the United States: by any definition, it's a big problem. *Addiction* 1996, 91:1489-503
- National Institute on Drug Abuse, The Science of Drug Abuse & Addiction. *Drugs, Brains and Behavior: The Science of Addiction*
<http://www.drugabuse.gov/scienceofaddiction/strategy.html>
- Winters, KC: Adolescent Brain Development and Drug Abuse, A special Report Commissioned the Treatment Research Institute, Philadelphia, PA, January 2008
- Substance Abuse and Mental Health Services Administration (SAMHSA), Office of Applied Studies. (June 19, 2008) The National Survey on Drug Use and Health (NSDUH) Report: Academic Performance and Substance Use among Students Aged 12 to 17: 2002,2003,and 2004. Rockville, MD.
<http://oas.samhsa.gov/2k6/academics/academics.htm>
- Substance Abuse and Mental Health Services Administration (SAMHSA), Office of Applied Studies. (April 19, 2007) The National Survey on Drug Use and Health (NSDUH) Report: Youth Activities, Substance Use, and Family Income. Rockville, MD. <http://oas.samhsa.gov/2k7/youthActs/youthActs.htm>
- Moore, MA, Honnold, J, Derrig, M, Glaze, A, Ellis, JM: 2005 Virginia Community Youth Survey. Prepared for: Virginia Department of Mental Health, Mental Retardation, and Substance Abuse Services, July 2006.
<http://www.dmhmrzas.virginia.gov/document/report/OSAS-CommunityYouthSurvey2005.pdf>
- Volkow, ND: National Institute on Drug Abuse, The Science of Drug Abuse & Addiction. Addiction and Co-Occurring Mental Disorders. *NIDA Notes* 21:2 (February 2007).
http://www.drugabuse.gov/NIDA_notes/NNvol121N2/DirRepVol121N2.htm
- Substance Abuse and Mental Health Services Administration (SAMHSA) Center for Substance Abuse Treatment. You Can Help: A Guide for Caring Adults Working with Young People Experiencing Addiction in the Family (PHD878,(SMA),01-3544) Washington, DC, October 2002.
<http://ncadistore.samhsa.gov/catalog/facts.aspx?topic=17>
- Virginia Department of Education Safe School Information Resource: Discipline, Crime and Violence Data
<http://doe.virginia.gov/SSIR>
- Virginia Department of Education 2007 Safe and Drug-Free Schools Annual Report.
Blueprint for The States; Findings and Recommendations of a National Policy Panel. Published 2006 by Join Together with support from the Robert Wood Johnson Foundation