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

<table>
<thead>
<tr>
<th>Substance</th>
<th>Mean Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>13.23</td>
</tr>
<tr>
<td>Cigarettes</td>
<td>12.69</td>
</tr>
<tr>
<td>Marijuana</td>
<td>13.95</td>
</tr>
<tr>
<td>Drinking Regularly</td>
<td>14.43</td>
</tr>
</tbody>
</table>

2005 Virginia Community Youth Survey
What Prevention and Intervention Activities are Occurring in School Divisions
Health Promotion

Prevention - Intervention Levels

Universal

Selective

Indicated

Treatment
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.

2007 Safe and Drug-Free Schools Annual Report
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

<table>
<thead>
<tr>
<th>Program</th>
<th>School Divisions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Life Skills Training</td>
<td>51 (37.78%)</td>
</tr>
<tr>
<td>Olweus Bullying Prevention</td>
<td>29 (21.48%)</td>
</tr>
<tr>
<td>Second Step</td>
<td>19 (14.07%)</td>
</tr>
<tr>
<td>Character Counts</td>
<td>26 (19.26%)</td>
</tr>
<tr>
<td>Al's Pals</td>
<td>17 (12.59%)</td>
</tr>
<tr>
<td>Get Real About Violence</td>
<td></td>
</tr>
<tr>
<td>Too Good For Drugs</td>
<td></td>
</tr>
</tbody>
</table>

2007 Safe and Drug-Free Schools Annual Report
<table>
<thead>
<tr>
<th>School Divisions</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Health/SA Services</td>
<td>82% (111)</td>
</tr>
<tr>
<td>Parent/Citizen Groups</td>
<td>69% (93)</td>
</tr>
<tr>
<td>Social Services/</td>
<td></td>
</tr>
<tr>
<td>Juvenile Probation</td>
<td>68% (92)</td>
</tr>
<tr>
<td>Law Enforcement</td>
<td>87% (117)</td>
</tr>
<tr>
<td>Faith Community</td>
<td>36% (48)</td>
</tr>
<tr>
<td>Types of Community Involvement</td>
<td>School Divisions</td>
</tr>
<tr>
<td>------------------------------------------------</td>
<td>------------------</td>
</tr>
<tr>
<td>Joint Service Delivery</td>
<td>76% (103)</td>
</tr>
<tr>
<td>Teacher/Staff Training</td>
<td>76% (102)</td>
</tr>
<tr>
<td>Public Awareness Activity</td>
<td>73% (98)</td>
</tr>
<tr>
<td>Student Involvement</td>
<td>51% (69)</td>
</tr>
<tr>
<td>Fundraising</td>
<td>10% (13)</td>
</tr>
</tbody>
</table>

2007 Safe and Drug-Free Schools Annual Report
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

<table>
<thead>
<tr>
<th>Year</th>
<th>Number of Violations</th>
</tr>
</thead>
<tbody>
<tr>
<td>2002-03</td>
<td>10005</td>
</tr>
<tr>
<td>2003-04</td>
<td>10279</td>
</tr>
<tr>
<td>2004-05</td>
<td>9393</td>
</tr>
<tr>
<td>2005-06</td>
<td>9709</td>
</tr>
<tr>
<td>2006-07</td>
<td>9468</td>
</tr>
</tbody>
</table>
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

2007 Safe and Drug-Free Schools Annual Report
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

2007 Safe and Drug-Free Schools Annual Report
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


http://www.drugabuse.gov/scienceofaddiction/strategy.html


http://oas.samhsa.gov/2k6/academics/academics.htm


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