

**Tri-County Regional Vocational
Technical High School
Substance Use Prevention, Deterrence
and Intervention Plan**

School Committee Approved Draft October,26 2016

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I. LEADERSHIP

Leadership at all levels will play a critical role in developing and implementing the Substance Use Prevention, Deterrence and Intervention Plans (“the Plan”) in the context of other whole school and community efforts to prevent and educate students around substance use. Leaders have a primary role in educating students about alcohol, tobacco and other drugs in relation to their overall well-being (physical, social, emotional, intellectual, occupational and environmental), with an emphasis on non-usage by the school age student. Leadership should be defined by the district or school, depending on existing roles and responsibilities and locally identified priorities for this initiative. In adopting or updating policies, the school committee will work in conjunction with district and school leaders in developing clearly defined goals to prevent and address substance use and abuse among youth. This leadership should result in strong links between identified local needs and prevention program/system designs. Leadership is responsible for setting priorities and for staying up-to-date with current research on ways to prevent and effectively respond to substance use. It is sound practice of leaders to involve representatives from the greater school and local community in developing and implementing the Plan.

Comprehensive substance use prevention programs involve the use of multiple strategies that include education and training; social competency skill development; social norms with expectations for behavior; policies, procedures and protocols; and problem identification and referral services. District and school administrators play a key role in implementing and overseeing these programs.

Planning and oversight: The Substance Prevention Deterrence and Intervention Plan along with the supporting policies will be reviewed annually and updated as needed. The school administration will review data to determine the effectiveness of curriculum and activities and professional development and training. The administration will also serve as the clearinghouse of information, about professional development opportunities and resources for school staff, students and parents.

II. PROFESSIONAL DEVELOPMENT

Staff training of the Plan: Training will be provided for all staff, including but not limited to, educators, administrators, counselors, school nurses, athletic coaches, advisors to extracurricular activities, and para educators.

The training will include early warning signs and behaviors that indicate a student maybe experiencing substance use problems, and should be aware of building base referral systems and other protocols to follow. Those staff that will be responsible for implementing substance use prevention curricula will be provided with specific training and professional development and effective strategies for preventing substance use.

Ongoing professional development: The goal of professional development is to establish a common understanding of tools necessary for staff to recognize warning signs and behaviors that might indicate possible substance use. Professional development will build the skills of staff members to prevent, identify, and respond to substance use.

Professional development will also address ways to prevent and respond to substance use for students with disabilities that must be considered when developing students' Individualized Education Programs (IEPs).

Written notice to staff: The school or district will provide all staff with an annual written notice of the Plan by publishing information about in the school faculty handbook, the student handbook and the Tri-County website.

III. ACCESS TO RESOURCES AND SERVICES

School staff can play a key role in identifying and referring students with substance use related problems and working with their families. Educators, nurses, and school counseling personnel will work in collaboration with substance use counseling professionals and mental health specialists to meet the needs of those students most at risk. School counseling personnel have access to information and strategies necessary to facilitate referrals to community services for the wide variety of mental health problems that students experience, including substance use. The below resource list is provided through school counselors, social workers and nurses to Tri-County students and families.

Substance Abuse Services Recommended to Tri-County Students by Tri-County Staff

1. Learn to Cope
 - weekly support meetings for families
 - free, private online family discussion board
 - Narcan training
 - learn2cope.org
2. South Bay Mental Health Services, Attleboro
 - outpatient counselors that specialize in substance abuse counseling and also psychiatrists on staff for referral to treat co-existing mental health issues
 - call intake at 800-244-4691
3. Arbour Counseling Services, Franklin
 - (508)528-6037
 - just beginning an adolescent substance abuse program
4. West End Clinic at Mass. General Hospital
 - comprehensive outpatient evaluation and referrals to treatment as necessary
 - call (617)726-2712, ask to speak to West End Clinic
5. CASTLE Program, Brockton
 - inpatient and outpatient adolescent substance abuse services
 - 508-638-6000
6. Motivating Youth Recovery, Worcester
 - emergency inpatient services
 - (508)860-1244
7. Caron Foundation
 - Inpatient services
 - Generally private pay but funding sometimes available
 - Have said that they would help families with referrals to other local agencies if Caron is not a fit
 - (800)854-6023
8. Local AA, NA or Al-a-Teen meeting

9. Outpatient mental health provider

10. Massachusetts Substance Abuse Information and Education Helpline

- Free and confidential information and referrals to public and private treatment programs
- Health insurance may not be required
- Translation available in 140 languages
- (800)-327-5050

11. Wayside Metrowest Counseling Center –

- Counseling / Outpatient Services for Youth Agency
- (508) 620-0010

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IV. ACADEMIC AND NON-ACADEMIC STRATEGIES

TEACHING ABOUT ALCOHOL, TOBACCO, AND DRUGS

In accordance with state and federal law, the District shall provide age-appropriate, developmentally appropriate, evidence-based alcohol, tobacco, and drug prevention education programs in grades K-12.

The alcohol, tobacco, and drug prevention program shall address the legal, social, and health consequences of alcohol, tobacco, and drug use, with emphasis on nonuse by school-age children. The program also shall include information about effective techniques and skill development for delaying and abstaining from using, as well as skills for addressing peer pressure to use alcohol, tobacco, or drugs.

The objectives of this program, as stated below, are rooted in the Committee's belief that prevention requires education, and that the most important aspect of the policies and guidelines of the District should be the education of children and youth on healthy decision-making:

- To prevent, delay, and/or reduce alcohol, tobacco, and drug use among children and youth.
- To increase students' understanding of the legal, social, and health consequences of alcohol, tobacco, and drug use.
- To teach students self-management skills, social skills, negotiation skills, and refusal skills that will help them to make healthy decisions and avoid alcohol, tobacco, and drug use.

The policy, and any standards and rules enforcing the policy, shall be prescribed by the school committee in conjunction with the superintendent.

This policy shall be posted on the district's website and notice shall be provided to all students and parents in accordance with state law. Additionally, the district shall file a copy of this policy with DESE in accordance with law in a manner requested by DESE.

SOURCE: MASC March 2016

LEGAL REFS.: M.G.L. 71:1 ;71:96

CROSS REFS: GBEC, Drug Free Workplace Policy

JICH, Drug and Alcohol Use by Students

V. POLICIES AND PROTOCOLS

Tri-County has policies prohibiting substance use, on school grounds, and at any school-sponsored or school-related activity, function, or program whether on or off school grounds. The policies include discipline and enforcement provisions, intervention provisions, and treatment opportunities for students and staff. Students are informed of the consequences for violating the policies through student handbook presentations at the beginning of each school year and on an ongoing basis during school assemblies. School administration discusses the policies annually with school community.

DRUGS AND ALCOHOL POLICY

Tri-County Regional Vocational Technical School District recognizes the need for a drug free environment to ensure the welfare and safety of all students.

M.G.L. Chapter 76 Section 40A

Whoever gives, sells, delivers, or has in his/her possession any alcoholic beverage in any public school building or on any premises used for public school purposes and under the of a charge of a School Committee or other public board or officer, shall be punished by imprisonment for not more than thirty days or a fine not more than one hundred dollars, or both.

M.G.L. Chapter 94c Section 1

Whoever gives, sells, delivers, or has in his/her possession any controlled substance beverage in any public school building or on any premises used for public school purposes and under the of a charge of a School Committee or other public board or officer, shall be punished by imprisonment for not more than thirty days or a fine not more than one hundred dollars, or both.

The Tri-County administration may search students who exhibit signs of being under the influence of drugs or alcohol (unusual behavior and /or physical signs, obvious paraphernalia, smelling of alcohol and/or marijuana, in an area that smells of alcohol and/or marijuana). Students who violate the referenced law regarding a controlled substance or alcohol may be subject to the appropriate legal action, as well as school disciplinary action, including expulsion.

Possession of Drugs, Inhalants or Alcohol

While attending Tri-County, if school authorities find any student using, having in his/her possession, or in school lockers, a controlled substance, synthetics (k-2, bath salts), drug paraphernalia, or any alcoholic beverage, prescription medication or over-the-counter medications, such as No-Doze or caffeine pills or any substance that he/she uses for other than its intended purpose, the student may serve an out-of-school suspension for a period not to exceed ten school days and/or expulsion. All policies are enforced during all related activities including transportation.

Search and Seizure

School lockers are school property, not the property of students. Tri-County provides them for use consistent with school functions. Students may not store certain items in lockers including, for example, weapons, illegal drugs, alcoholic beverages, stolen property or pornographic material. Tri-County retains master keys or combinations for all lockers, and reserves the right to inspect them periodically, to ensure compliance with these rules.

School officials may search and take possession of property or goods that a student has placed in his or her locker or that may be in a student's possession on school grounds to determine if a violation of school rules or Massachusetts law has occurred.

Tri-County may request that law enforcement personnel use dogs or other detection equipment to perform random sweeps of school property.

CONTROLLED SUBSTANCES, DANGEROUS WEAPONS AND ASSAULT ON EDUCATIONAL PERSONNEL

M G L Chapter 71, Sec. 37

Any student on school premises or at school-sponsored or school-related events, including athletic games, who possesses a dangerous weapon including, but not limited to, a gun or knife or a controlled substance as defined in Chapter 94C, including, but not limited to marijuana, cocaine, and heroin, may incur expulsion from the school or school district by the principal.

Any student, who assaults an administrator, teacher, paraprofessional or other staff on school premises or at school-sponsored or school-related events, including athletic games, may incur expulsion from the school or school district by the principal.

Any student whom the school or school district charges with a violation of either paragraph one or two will receive written notice of an opportunity for a hearing. The student may have representation, along with the opportunity to present evidence and witnesses at said hearing before the principal. After said hearing, a principal may, at her/his discretion, decide to suspend rather than expel a student whom she/he has determined to violate either paragraph one or two.

Any student expelled from a school district pursuant to these provisions will have the right to appeal to the superintendent-director. The expelled student will have ten days from the date of the expulsion in which to notify the superintendent-director of his/her appeal. The student has the right to counsel at this hearing. The appeal may include subject matter other than solely a factual determination of whether the student violated any provisions of this section.

When the principal expels a student under the provisions of this section, no school district within the commonwealth must admit such student or provide educational services to said student.

If said student does apply for admission to another school or school district, the superintendent of the school district to which the student makes application may request and shall receive from the superintendent of the school expelling said student a written statement of the reason for said expulsion.

DRUG FREE WORKPLACE POLICY

Employees are expected and required to report to work on time and in an appropriate mental and physical condition for work. It is the intent of the Tri-County Regional Vocational Technical School District to provide a drug free, healthful, safe and secure work environment.

The unlawful manufacture, distribution, dispensation, possession, use of, or being under the influence of controlled substances or alcohol is prohibited while on duty or on school property.

Any violations of this policy will be grounds for disciplinary action up to and including suspension and dismissal.

It is a condition of employment that each employee abide by this policy and notify the Superintendent of any criminal drug conviction within five days of such a conviction. It is requested that each employee notify the Superintendent of any criminal drug charges within five days of such a charge. The Tri-County Regional Vocational Technical School District has an obligation to notify the appropriate federal agency within ten days of receiving such a notice of conviction. Further, no later than thirty days of notice of a conviction, the Superintendent will take disciplinary action up to and including dismissal of the employee.

If there is reasonable cause to believe that an employee is under the influence of drugs or alcohol, the Superintendent shall deal with the situation as a disciplinary matter.

Statutory Reference: Drug Free Workplace Act of 1988.

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WELLNESS POLICY (TOBACCO USE)

TOBACCO USE

Rationale

Cigarette smoking is considered the chief preventable cause of premature disease and death in the United States. Schools have a responsibility to help prevent tobacco use for the sake of students' and staff members' health, and the well-being of their families. Research conclusively proves that:

- Regular use of tobacco is ultimately harmful to every user's health, directly causing cancer, respiratory and cardiovascular diseases, adverse pregnancy outcomes, and premature death.
- Second-hand smoke is a threat to the personal health of everyone, especially persons with asthma and other respiratory problems.
- Nicotine is a powerfully addictive substance.
- Tobacco use most often begins during childhood or adolescence.
- The younger a person starts using tobacco, the more likely it is that he or she will be a heavy user as an adult.

Definition

For the purposes of this policy "tobacco" is defined to include any lighted or unlighted cigarette, cigar, pipe, bidi, clove cigarette, and any other smoking product, and spit tobacco, also known as smokeless, dip, chew, and snuff, in any form.

Tobacco Discouragement Goals

All students shall possess the knowledge and skills necessary to avoid all tobacco use, and school leaders shall actively discourage all use of tobacco products by students, staff, and school visitors. To achieve these ends, school district leaders shall prepare, adopt, and implement a comprehensive plan to prevent tobacco use that includes:

- Preventing tobacco use integrated within the school health education curriculum
- Enforcing of a tobacco-free environment.
- Prohibiting of tobacco advertising.

Additional reasons for strong discouragement of tobacco are as follows:

- Purchase and possession of products is illegal (under 18)
- Interferes with students' attendance and learning
- Smoking is a fire safety issue for schools.
- Use of "spit" is a health and sanitation issue.

TOBACCO-FREE ENVIRONMENTS

No student, staff member, or school visitor is permitted to smoke, inhale, dip, or chew tobacco at any time, including during non-school hours:

- In any building, facility, or vehicle owned, leased, rented, or chartered by the school district.
- On school grounds, athletic grounds, or parking lots.
- At any school-sponsored event off campus.

In addition, no student may possess a tobacco product. The provisions of existing school policies that address the use and possession of drugs shall apply to all tobacco products.

Promotions

Items promoting tobacco include clothing, bags, lighters, and other personal articles, are not permitted.

Notice

The school administration shall notify students, families, education personnel, and school visitors of the tobacco-free policy in handbooks and newsletters, on posted notices or signs at school entrances and other appropriate locations.

Enforcement

It is the responsibility of all students and employees to enforce this policy through verbal admonition. Any tobacco product found in the possession of a minor student shall be confiscated by staff and discarded. The Principal and Assistant Principal at Tri-County will serve, at the discretion of the local enforcing authority, as deputized enforcement officers at Tri-County Regional Vocational Technical High School, and therefore have the authority to enforce this policy.

- First offense: \$100.00 fine and recommendation for participation in a smoking cessation program
- Second and subsequent violations will result in a \$100.00 fine

Fines are payable as specified in the Notice of Violation at the:

Franklin Town Clerk's Office
150 Emmons Street
Franklin, MA 02038

Authority

This policy intends to be consistent with Massachusetts General Laws, Chapter 71, Section 2A and Section 37H; Massachusetts Board of Fire Preventions Regulations 527 CMR; and MA General Laws, Chapter 148, Section 10B.

Penalties and Fines

In compliance with penalties prescribed within Massachusetts General Laws, Chapter 71, Section 37H, violators will be subject to the actions and fines described therein.

Preventative Education

This program will engage families as partners in their children's education. Tobacco-use prevention education is coordinated with the other components of the school's health education curriculum. These instructional activities will be both participatory and developmentally appropriate.

The program is designed to:

- Provide instruction about immediate and long-term undesirable physiologic, cosmetic, and social consequences of tobacco use
- Decrease the social acceptability of tobacco use.
- Address reasons why young people smoke.
- Refute advertising and other social influences that promote tobacco use.
- Develop skills for resisting social influences that promote tobacco use.
- Avoid tobacco use and other health-risk behaviors
 - assertiveness
 - communication
 - goal-setting
 - problem-solving skills

Assistance In Overcoming Tobacco Addiction

Tri-County's Health Program shall include referrals to community resources and programs to help students and staff overcome tobacco addiction. School employees can make use of the Employee Assistance Program benefit offered through Tri-County.

**TRI-COUNTY REGIONAL VOCATIONAL TECHNICAL HIGH SCHOOL
HEALTH SERVICES STANDING ORDERS REGARDING OPIOD OVERDOSE WITH
UNRESPONSIVENES, INTRANASAL ADMINISTRATION OF NALOXONE AND LIKELY
OTHER INJURIES AS A RESULT OF SUBSTANCE ABUSE**

The following standing medical orders shall be followed when caring for students, staff and visitors during school hours.

Observe universal precautions with all patient contact. This includes wearing disposable gloves when handling bodily fluids. Dispose of sharps in an appropriate container. Wash hands frequently between caring for students.

No medication is to be dispensed to school children without a doctor's order and/or prescription bottle with the student's name, medication's name and dosage.

An accident report should be completed for all injuries or incidents occurring during school hours that may require medical attention.

Inhalers

Prescribed inhalers should be kept locked in the school nurse's medicine cabinet. Students may retain on their person prescribed inhalant drugs provided a medical care provider's prescription is so specified. That prescription should be submitted to the school nurse.

Medication Administration

A. Benadryl Elixir 12.5 mg/ 5ml. For allergic reactions:

<u>Weight</u>	<u>Dosage</u>
Less than 60 pounds	12.5 mg
60 pounds or over	25 mg

For severe allergic reactions or anaphylactic shock:

<u>Weight</u>	<u>Dosage</u>
Epinephrine 1:1,000 (1mg/ 1ml)	
70 pounds and over	0.3mg – Epi-Pen- Following administration transport via ambulance to the emergency

room.

30-69 pounds

0.15mg- Epi-Pen. Then transport via ambulance to the emergency room.

A second dose of Epinephrine may be administered within 15 minutes if patient symptoms do not adequately clear or if they return.

Each time an Epi-pen is administered at school the required Massachusetts Department of Public Health Epi-pen Administration form must be completed and submitted online.

B. Nasal Naloxone (Narcan) for suspected opioid overdose.

Naloxone is an opioid antagonist used to reverse the effects of opioids, i.e. Cocaine or Heroin. Current research has determined that Naloxone administration has been found to prevent death from opioid overdose, as well as reduce disability and injury from opioid overdoses.

Dose: Naloxone HCL (Narcan) 1mg/ml, in pre-filled 2ml Luer-Lok needless syringe via intranasal atomizer, 1ml in each nostril. This 2mg initial dose is for individuals who weigh at least 20kg or are 5 years of age or older.

Trained registered nurses may administer Naloxone to a person in the event of respiratory depression, unresponsiveness, or respiratory or cardiac arrest when an overdose from opioid is suspected of a student, staff member, or visitor. Person is unresponsive, very low respiratory rate or not breathing, low blood pressure, and there is no response to sternal rub.

Contraindications: Nasal trauma or epistaxis.

PROCEDURE

Activate EMS : Call 911. Nurse or designee will call 911 to activate emergency medical service response.

Assessment : **ABC's: Airway, Breathing, Circulation.**

1. For pulseless individuals, initiate CPR per BLS guidelines.
2. For apnea with pulse: establish airway and begin rescue breathing.
3. Check for: foreign body in airway, level of consciousness* or unresponsiveness, i.e. no response to sternal rub, respiratory status* gasping for air while asleep or odd snoring pattern, pale or bluish skin, slow heart rate, low blood pressure. Pin point pupils and track marks may be present, although absence of these findings does not exclude opioid overdose.

4*Level of consciousness

The nurse determines that the person presents with a decrease in level of consciousness as evidenced by; difficult to arouse (responds to physical stimuli but does not communicate or follow commands, may move spontaneously), unable to arouse (minimal or no response to noxious stimuli, does not communicate or follow commands).

5*Respiratory status

The nurse determines that the person presents with a depression of respiratory status as evidenced by; a decrease in respiration rate, if available, interpretation of pulse oximetry measurement.

Nurse determines need for Naloxone administration.

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Administration: Intranasal administration of Naloxone

1. Assess person for contraindications to Naloxone. Exclusion criteria includes nasal trauma or epistaxis.
2. Assemble Naloxone vial and intranasal atomizer. Pop off two yellow caps from the delivery syringe and one red cap from the Naloxone vial. Screw the Naloxone vial gently into the delivery syringe. Screw the mucosal atomizer device onto the top of the syringe.
3. Spray half (1 mg) of the Naloxone in one nostril and the other half (1mg) in the other nostril for a total of 2mg.
4. Continue rescue breathing or CPR as needed.
5. If no response, an additional second dose/vial may be administered after 3-5 minutes.
6. Naloxone duration of action is 30-90 minutes.
7. Transport to nearest hospital via EMS.

Storage: Store at 59 to 86 degrees F, away from direct sunlight.

Possible Side Effects: Acute withdrawal symptoms, change in mood, increased sweating, nervousness, agitation, restlessness, tremor, hyperventilation, nausea, vomiting, diarrhea, abdominal cramping, muscle or bone pain, tearing of eyes, rhinorrhea, craving of opioids, rash hives, itching, swelling of face, lips, or tongue, dizziness, fast heartbeat, headache, flushing, sudden chest pain.

Nursing Considerations: Withdrawal can be unpleasant. A staff member trained in safe restraint technique may need to be summoned for assistance. Person may just breathe, but not have full arousal or person may need continued rescue breathing and support.

Opioid Overdose with unresponsiveness (i.e. Oxycodone, Heroin, etc.)

Call 911 for transport to the emergency room. Assess unresponsiveness (rub knuckles on sternum). Check for airway obstruction. Begin rescue breathing. Check for pulse. If none, begin compressions and continue CPR. Administer Narcan nasal spray, 1ml in each nostril. See “Medication Administration” above. If no response in 3 minutes, repeat above dose of Narcan. Potential adverse effects may include withdrawal symptoms such as nausea, abdominal cramping, irritability and muscle pain. Offer comfort measures. If needed, summon a staff member trained in safe restraint technique for assistance.

Poisoning

Call the Poison Control Center 1-800-222-1222 for treatment advice. Be ready to tell them the type of poison, amount ingested/inhaled/absorbed, etc., age and weight of the patient. Notify parent of incident.

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VI. COLLABORATION WITH FAMILIES

Families are essential partners in schools' efforts to prevent substance use. Parental input, particularly from parents of students with substance related-problems, help identify and prioritize the needs of the school community. Ways in which Tri-County collaborates and communicates with families may include, but are not limited to the following:

- individual and group meetings with parents and guardians to engage parental support and to reinforce the substance use curricula and the importance of school-community-home collaborations in weaving together the resources for comprehensive, multifaceted approaches to preventing substance use and abuse.
- providing parents/guardians with information regarding the district's and school's substance use prevention and abuse education policies is critical, as they play a key role in their success.
- posting the policy on the district website and in student handbooks contains information on district policies, procedures and protocols. This information will also be made available through Parent Teacher Associations/Organizations, parent engagement programming, and other related programming.
- School-community-home collaborations help parents/guardians and family members to keep students safe from substance use, by modeling skills and attitudes at home, thereby supporting the prevention component of the school initiative.

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