

BERNARDS TOWNSHIP PUBLIC SCHOOL DISTRICT

Substance Abuse Prevention Program

Updated November, 2016

BERNARDS TOWNSHIP PUBLIC SCHOOL DISTRICT

Introduction

Our Board of Education recognizes that a pupil's use of harmful substances seriously impedes that pupil's education and threatens the welfare of the entire school community. Our Board is committed to the prevention of substance use by our students and the rehabilitation of substance users by educational means, but will take necessary and appropriate steps to protect the school community from harm and from exposure to harmful substances.

Accordingly, our Board will establish and maintain a comprehensive substance use education, prevention, intervention, and treatment referral program in the schools of our District.

BERNARDS TOWNSHIP PUBLIC SCHOOL DISTRICT

**ALCOHOL, TOBACCO, AND OTHER DRUGS (ATOD)
EDUCATION, PREVENTION, AND INTERVENTION**

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BERNARDS TOWNSHIP PUBLIC SCHOOL DISTRICT

Board of Education Policies Relevant to Alcohol, Tobacco, and Other Drugs (ATOD)

| Policy Title | Policy Number | Description |
|--|----------------------|---|
| Health Education | 2422 | Substance abuse is to be included within the curriculum at each grade level |
| NJSIAA Random Testing for Interscholastic Athletics | 2435 | Student-athletes may be randomly selected and tested for banned substances by NJSIAA personnel |
| Substance Abuse | 5530 | <ul style="list-style-type: none"> ● Program of Instruction ● Identification, Evaluation, Intervention ● Suspicion-Based Drug Testing ● Outreach to Parents ● Reporting to Law Enforcement |
| Voluntary Random Drug Testing | 5530.1 | Students may voluntarily participate in a random drug testing program |
| Pupil Smoking | 5533 | Smoking by students is prohibited on school grounds and at all school functions |
| Passive Breath Alcohol Sensor Device | 5535 | A PBASD may be used to test students for alcohol consumption before, during, and after school events |
| Smoking in School Building and on School Grounds | 7434 | Smoking and other uses of tobacco products are prohibited on school grounds |
| Alcoholic Beverages on School Premises | 7435 | The knowing possession, without legal authority, or knowing consumption of any alcoholic beverage by any person on school premises is a disorderly persons offense. |
| Drug Free Workplace | 7436 | Prohibits manufacture, possession, use of illegal drugs by staff members |
| Reporting Violence, Vandalism, Harassment, Intimidation, Bullying, Alcohol, and Other Drug Abuse | 8461 | The use of alcohol and other illegal drugs by students is to be reported to the Board of Education |

BERNARDS TOWNSHIP PUBLIC SCHOOL DISTRICT

Student Assistance Counselors

Bernards Township School District has established a comprehensive Student Assistance Program to address the various needs of students and families experiencing such things as child-focused crisis, substance abuse, mental health issues and/or psychosocial stressors. The Student Assistance Program Intervention and Prevention efforts include assessment, short-term counseling, group counseling, referrals and collaboration with parents and other systems.

What is Student Assistance?

Today, many schools have Student Assistance Programs. In Bernards Township, the Program includes many prevention services, as well as confidential counseling services for students. The Student Assistance Program is designed to collaborate with parents in an effort to determine effective strategies to best support their child. The Student Assistance Counselor gets to know students in order to help them manage common adolescent obstacles from a strengths-based perspective. Assessment and short-term counseling is provided. If ongoing therapy is indicated, referrals are made to private practitioners and/or appropriate community agencies.

The Student Assistance Program seeks to identify emotional problems early so that interventions may be initiated. Short term counseling is provided to assess a student's strengths and concerns. An extensive list of professional resources for outside referrals is available. Crisis intervention is also provided. Parents may call the Counseling Office if they have a concern about their child and wish to speak to the Student Assistance Counselor.

What kinds of problems does the Student Assistance Counselor deal with?

- Peer and Social Problems
- Drug and Alcohol Problems
- Eating Disorders
- Anxiety and Mood Disorders
- Grief and Loss
- Family Transitions
- Depression and Suicide Prevention
- Self-Injury
- Emotion Management
- Stress Management

All services are confidential.

Confidentiality

Confidentiality laws regulating Substance Abuse professionals are located in the Federal Regulations, Title 42, (42 CFR). With regard to school-based substance abuse professionals, this authority is referred to in the New Jersey Administrative Code, 6A:16-3.2 wherein it states: “Each district board of education shall assure compliance with the following confidentiality requirements:

1. Confidentiality of alcohol and drug abuse patient records, pursuant to 42 CFR part 2; and
2. Confidentiality of information provided by...a secondary school student while participating in a school-based drug and alcohol counseling program which indicates that the student’s parent or other person residing in the student’s household is dependent upon or illegally using substances...”

In most cases, only the standard exceptions to this law apply; these are: when a student gives written consent; when a crime has been threatened; under a proper court order; if a student presents as a threat to hurt themselves or others; or a student makes allegations of child abuse or neglect.

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Alcohol Tobacco and Other Drugs (ATOD) Prevention and Intervention Programs

| | Elementary | Middle | High |
|---------------------------|---|--|--|
| Staffing | One school counselor/ABS per elementary school, classroom teachers and School-Resource Officer | 1 SAC/ABS, Health Teachers and School-Resource Officer | 2 SAC/ABS, Health Teachers and School-Resource Officer |
| Prevention | <ul style="list-style-type: none"> ● Classroom Lessons <ul style="list-style-type: none"> ○ Conflict Resolution <ul style="list-style-type: none"> ▪ Actions and Consequences ▪ Decision Making/Problem Solving ▪ Assertive Refusal, Peer Pressure, Resiliency & Coping Skills ○ Stress Management ○ Empathy building ○ Self-Esteem/ Appreciation of Others | <ul style="list-style-type: none"> ● Health Curriculum (one cycle (6&7), marking period (8) per year) ● Character Education ● Collaborate with MAC Initiatives ● Peer Helper/Peer Health Educator Programs (Grades 6-8) ● Assemblies ● Parent Education Programs ● Extracurricular activities as an alternative | <ul style="list-style-type: none"> ● Various ATOD Assembly Programs ● Parent Education Programs, Panel Discussion, SRO/SAC Presentations ● Extracurricular activities as an alternative ● Project Adventure (9th grade mp1) ● Health Curriculum 1 mp/grade level |
| Early Intervention | <ul style="list-style-type: none"> ● Small Groups <ul style="list-style-type: none"> ○ At-Risk Children, by topic (anxiety, sadness, loss, grief, divorce, separation, self-esteem, stress, social skills, etc.) ● One-on-one <ul style="list-style-type: none"> ○ At-Risk Children ○ Children who have a parent struggling with an addiction | <ul style="list-style-type: none"> ● Intervention and Referral Services ● SAC Counseling and Referrals | <ul style="list-style-type: none"> ● Intervention & Referral Services ● SAC Counseling and Referrals ● Core Team |
| Intervention | <ul style="list-style-type: none"> ● Intervention and Referral Services | <ul style="list-style-type: none"> ● Student Substance Use Policy/Procedures ● SAC Assessment/Counseling/Referrals/ Follow-up | <ul style="list-style-type: none"> ● Student Substance Use Policy/Procedures ● School Based Support Groups ● SAC Assessment/Counseling/Referrals/ Follow-up |

BERNARDS TOWNSHIP PUBLIC SCHOOL DISTRICT

Health Curriculum Topics

| Grade 1 | Grade 2 | Grade 3 | Grade 4 | Grade 5 |
|---|--|---------------------------|---------------------------------|------------------------|
| Look Out (Careless Behavior) | Let's Stay Safe (Safety) | Community Health | Community | Self Esteem |
| Head to Toe (Anatomy/Physiology) | How You Think (Wellness, Development, Social/Emotional Health) | Self Esteem | No Smoking/Alcohol | Communication |
| Why do We Eat (Nutrition) | The Wide World of Food | Things You Might Catch | Decision Making | Decision Making |
| All About Medicines | Your Heart Small But Strong | Communication Skills | Social Skills | Central Nervous System |
| Talk and Listen (Communication, Expression of Feelings) | When I Feel Afraid | I Like Your Attitude | Digestive System | Emotions |
| Happy, Sad, and In Between | Babies and How You Grew | Let's Eat | Stress | Growing Up |
| Drugs are Dumb | Drugs Are Dangerous | Dealing With Stress | Be Cool Keep Clean | First Aid Facts |
| Get Well Soon (Germs, Illness, Treatment) | Germs! They Make You Sick | When Bodies Have Problems | Your Incredible Hearing Machine | Nutrition |
| How I Breathe | Me and My Skin | Decision Making | | |
| | Muscles in Motion | Safe at Home Safe Away | | |

BERNARDS TOWNSHIP PUBLIC SCHOOL DISTRICT

Health Curriculum Scope and Sequence Alcohol, Tobacco, and Other Drugs

| Grade Level | Time Allotment | Unit | Content | Resources |
|--------------------|-----------------------|---|---|--|
| Grade 1 | 2 weeks | All About Medicines | <ul style="list-style-type: none"> ● Identification of Medicines ● Appropriate persons that may provide medicine ● Places to keep medicine | The Great Body Shop The Children’s Health Market P.O. Box 7294 Wilton, CT 06897 |
| | 4 weeks | Drugs Are Dumb | <ul style="list-style-type: none"> ● Define and identification of drugs ● Tobacco/Nicotine | |
| Grade 2 | 4 weeks | Drugs Are Dangerous | <ul style="list-style-type: none"> ● Identification of Drugs ● Medicines ● Alcohol, Tobacco, and Other Drugs ● Dependency, Addiction, Treatment | The Great Body Shop |
| Grade 3 | 4 weeks | Saying No to Smoking, Drinking, and Drugs | <ul style="list-style-type: none"> ● Saying No ● Drugs and the Law ● Addiction ● Build That Skill | The Great Body Shop |
| Grade 4 | 4 weeks | No Smoking/ Alcohol | <ul style="list-style-type: none"> ● How Smoking Harms the Body ● Why Do People Smoke ● Advertising and Other Influences ● Smoking and Community | The Great Body Shop |
| | | Stay Drug Free and Build Your Assets | <ul style="list-style-type: none"> ● Drug Free and Asset Strong ● Drugs: What They Are and Do ● Making Smart Decisions ● How and Where to Find Help | |
| Grade 5 | 4 weeks | Danger Ahead: The Truth About Drugs | <ul style="list-style-type: none"> ● The Effects of Use, Misuse, and Abuse ● Drug Abuse and the Family ● Drugs and Advertising ● Choose to Be Drug Free | The Great Body Shop |

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| Grade 6 | 2 weeks | Tobacco | <ul style="list-style-type: none"> ● Cigarettes and chewing tobacco (all forms of nicotine) ● Dangers of tar, nicotine, carbon monoxide and other cancer agents ● Nicotine addiction ● How to quit use ● Media impact ● Misconceptions re: Alcohol use and why people use | <p>Texts:</p> <ul style="list-style-type: none"> ● <u>Teen Health Course 3</u>, Glencoe McGraw Hill Chapters 12 and 13 ● <u>Life Skills Training</u>, Princeton Health Press Teacher's Manual 1 and 2 <p>Videos:</p> <ul style="list-style-type: none"> ● The Truth About Tobacco ● Smokeless Tobacco: Is It Worth the Risk ● The Teen Files: Smoking Truth or Dare ● Tobacco Revisited ● Dying to Breathe ● Butt Out - Tobacco <p>Additional Resources:</p> <ul style="list-style-type: none"> ● United Streaming NJ Comprehensive HPE Curriculum Framework Daily & Monthly Publications ● Daily newspapers & Current Health <p>Bernards Township Police Dept.</p> |
| | 2 weeks | Too Good for Drugs | <ul style="list-style-type: none"> ● Effects of drug use/abuse ● Decision making/refusal skills | |
| Grade 7 | 4 weeks | Alcohol Drugs Anger Stress | <ul style="list-style-type: none"> ● Effects of alcohol on the body and brain ● Decision making, risk taking, pregnancy ● Intervention strategies ● Social impact of abuse on family and community ● Drugs vs. medicines ● Classifications of drugs ● Mental, physical and social effects ● Addiction ● Treatment and recovery ● Social factors promoting drug abuse | <p>Texts:</p> <ul style="list-style-type: none"> ● <u>Teen Health Course 3</u>, Glencoe McGraw Hill ● <u>Life Skills</u>, Princeton Health Press Teacher's Manual 1 and 2 ● William Annin Media Center books <p>Videos:</p> <ul style="list-style-type: none"> ● CBS Video - 2001 |

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| | | | <ul style="list-style-type: none"> ● Legal and financial effects ● Resisting peer pressure ● Dual addiction ● Enabling ● Substance abuse and anger ● Healthy ways to deal with stress | <ul style="list-style-type: none"> ● Kids Under The Influence ● Hard Choices; Don't put your dreams on hold: Lifetouch 1990 ● ABC News Interactive - 1990 Alcohol & Family: Breaking the cycle Films for the Humanities and Sciences ● All Bottled Up: Comprehensive Health Education Foundation ● Substance Abuse ● DUI Dead in 5 Seconds ● 48 Hours: Alcohol ● Faces of Addiction ● Natural High 2 ● Stoned: An Anti-Drug Film ● Marijuana: The Gateway Drug ● Cocaine and the Brain ● Marijuana and You ● Take it From the Jets, If you Sniff to Get High ● 48 Hours: Ecstasy ● Ecstasy Special ● Faces of Addiction <p>Additional Resources:</p> <ul style="list-style-type: none"> ● United Streaming NJ Comprehensive HPE Curriculum Framework ● Daily and monthly publications ● Daily newspapers and current health articles Substance Abuse Prevention Activities 1994 ● www.safekids.com ● www.Blogsafety.com (articles, Q &A, recent studies) ● www.getnetwise.org |
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| | | | | <ul style="list-style-type: none"> ● www.staysafe.org |
| Grade 8 | 2 weeks | Alcohol Stress Anger Risk-taking Decision making | <ul style="list-style-type: none"> ● Substance abuse ● Alcohol and brain development ● Alcohol and risk taking behavior (sexual assault, STDs, pregnancy) | <p>Text:</p> <ul style="list-style-type: none"> ● <u>Teen Health Course 3</u>, Glencoe McGraw Hill ● <u>Life Skills</u>, Princeton Health Press Teacher’s Manual 1 and 2 <p>Video:</p> <ul style="list-style-type: none"> ● http://science.education.nih.gov/supplements/nih3/Alcohol/activities/activities_toc.htm ● www.stopalcoholabuse.gov ● United Streaming <p>Additional Resources:</p> <ul style="list-style-type: none"> ● NJ Comprehensive HPE Curriculum Framework ● Current Health Publications |
| Grade 9 | 2 weeks | Drugs Alcohol Risk-taking Decision making Refusal skills | <ul style="list-style-type: none"> ● Short and long term effects on the body, mind and relationships ● Myths and facts ● Alcoholism and addiction ● Patterns of use/abuse ● Treatment options ● Resources | <p>Video:</p> <ul style="list-style-type: none"> ● “Home Safe from the Prom” ● “Standard Deviance Guidance System: Drugs and Alcohol and Your Choice” <p>Additional Resources:</p> <ul style="list-style-type: none"> ● Guest speaker(s) - SACs |
| Grade 10 | 1 - 2 weeks | Alcohol Drugs | <ul style="list-style-type: none"> ● Effects on the body, mind and relationships ● Sobriety/Breathalyzer ● DUI laws ● Drug use and driving ● Drugs and specific effects ● Decision making | <p>Additional Resources:</p> <ul style="list-style-type: none"> ● Guest speaker(s) – School Resource Officer |
| Grade 11 | 2 weeks | Alcohol Drugs Marijuana | <ul style="list-style-type: none"> ● Reasons for drug and alcohol abuse ● Warning signs ● Alcohol and the teenage brain | <p>Additional Resources:</p> <ul style="list-style-type: none"> ● Guest speaker(s) - SACs |

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| | | | <ul style="list-style-type: none"> ● Binge drinking and alcohol poisoning ● Prescription, Over-the-Counter drugs ● Myths and facts about marijuana ● Marijuana laws ● Addiction ● Treatment options ● Drug and alcohol laws | |
| Grade 12 | 3 weeks | Personal Responsibility Alcohol Drugs Date Rape | <ul style="list-style-type: none"> ● Maintaining wellness ● Effects of alcohol and drug use ● Decision making ● Binge drinking/alcohol overdose ● Drug overdose ● Alcoholism and addiction ● College preparedness and safety ● Resources/Treatment options ● Effects of media on alcohol and drug decision making ● Relationships and drugs/alcohol (date rape, STIs, contraception, pregnancy) | Video: <ul style="list-style-type: none"> ● “Haze” |