

Substance Abuse Prevention Policy

Maintaining a safe and supportive learning environment is key to achieving the FRCS mission. FRCS is committed to providing education, screening and intervention to educate, prevent and identify possible substance abuse in youth.

FRCS supports substance abuse prevention through a core health curriculum as well as through cross curricular programs with age appropriate language and strategies developed with input from community groups and experts in the field. Families are encouraged to partner with the school to ensure consistent communication, language, and strategies are used at both school and home. The complete FRCS health curriculum is published on the school website.

FRCS actively screens students in select middle and high school grades for substance abuse indicators using a state approved screening process. All screening is confidential and conducted annually through health services. Prior to any chemical health violation, a student's request for and enrollment in a substance abuse treatment shall not in and of itself constitute a violation of the chemical health/alcohol/drugs/tobacco. FRCS maintains standing orders to administer Narcan/Naloxone in life threatening situations. The school nurse leader will work with the school physician to maintain up to date standing orders for Narcan/Naloxone to be administered by trained medical and athletic staff.

A parent or guardian of each student athlete's family must attend a mandatory substance abuse prevention workshop in order for the student to be eligible to participate on any FRCS athletic teams. FRCS offers parent workshops at least twice each year. Students are ineligible to participate in competitive sports related activities until a parent or guardian has either completed a substance abuse workshop at FRCS or submits proof of attendance of a similar workshop from another town or district.

First Reading – November 15, 2016

Second Reading and Approved – December 13, 2016

FRCS Substance Abuse Prevention Program Overview:

Substance abuse education and prevention begins early in our health programs.

- Elementary Health and PE teachers have been trained in the Life Skills Curriculum.
- Beginning in grade 7 students will participate in a cross curricular activity with health classes and English classes.
- Sunny's story <http://www.couragetospeak.org/ourdrugpreventionbook.aspx>
- Outside speakers are brought in to reinforce this program for students. This year we used, <http://evangfoundation.org/>
- Mandate Drug and substance abuse screening will be conducted in grade 7 this year and grades 7 and 10 starting in 2017-2018.
- SBIRT : Screening, Brief Intervention, and Referral to Treatment (SBIRT) is a comprehensive public health approach for delivering early intervention and treatment services to people with, or at risk of developing, substance use disorders. The school nurse and trained counselors use the CRAFFT screen to ask patients about substance use during routine mandated screening in the school health office. Then, if appropriate, refer patients who are at risk of substance use problems to treatment.
- Parents have the "opt out" option for this and any state mandated screening by submitting written documentation of their "opt out" decision directly to the school nurse.
- All screening information is kept confidential and is not part of the student record.
- Parent education forums occur multiple times throughout the school year, including evening presentations.
- Parents of Athletes are required to attend 1 of these evening presentations in order for their student athlete to participate in sports.
- Resources for parents are posted on the school website.
- Safe Drug disposal sites are also be posted on the school website.
- Multiple doses of Nasal Narcan/Naloxone are available as part of the schools emergency response plan. Standing orders are renewed with school physician yearly.
- Professional development on substance use and recognition is interwoven into training for all staff.