

# Best Practices in SBHC Substance Use Prevention and Intervention

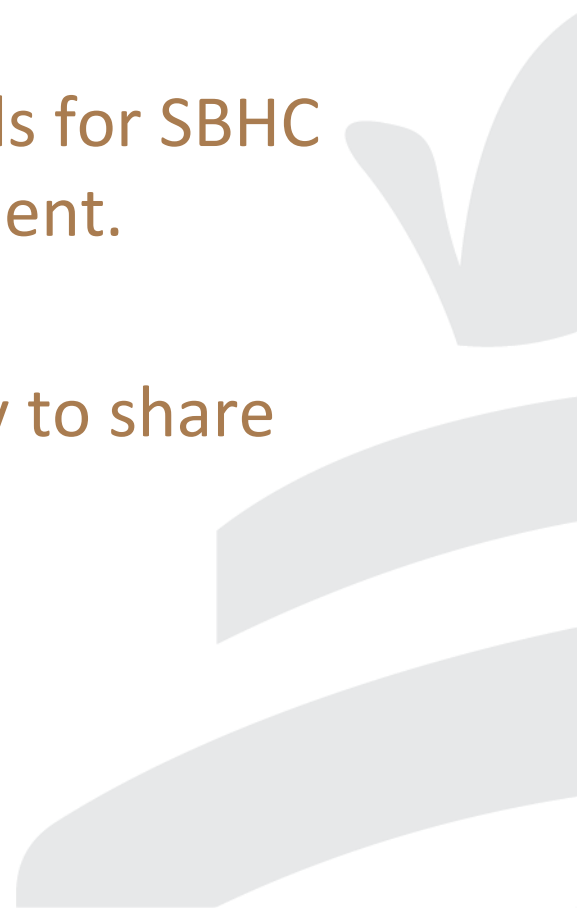


# Disclosures

The presenters have no financial disclosure or conflicts of interest with the presented material.



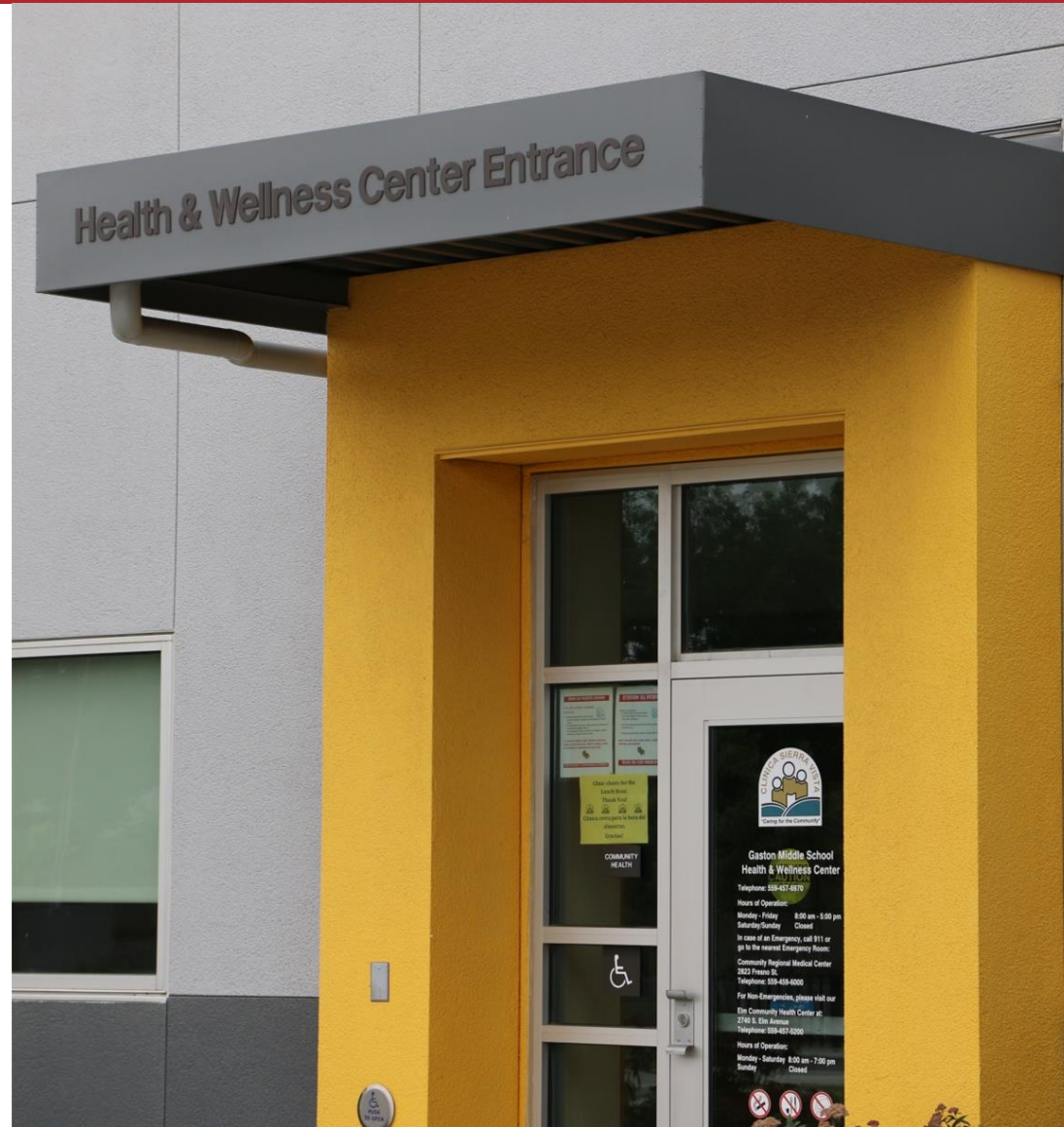
# Objectives

- Participants will be provided with an overview of youth substance use best practices.
  - Participants will receive concrete tools for SBHC substance use prevention and treatment.
  - Participants will have the opportunity to share resources with one another.
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# Putting Health Care in Schools

The California School-Based Health Alliance is the statewide non-profit organization dedicated to **improving the health & academic success** of children & youth by **advancing health services in schools.**

Learn more:  
[schoolhealthcenters.org](http://schoolhealthcenters.org)



# STUDENTS AND SUBSTANCE USE

Substance use is linked to lower grades, student absenteeism, and higher rates for high school dropout.<sup>1</sup>

In California, **20%** of 9th graders and **29%** of 11th graders used alcohol or drugs at least once in the last month.<sup>2</sup>

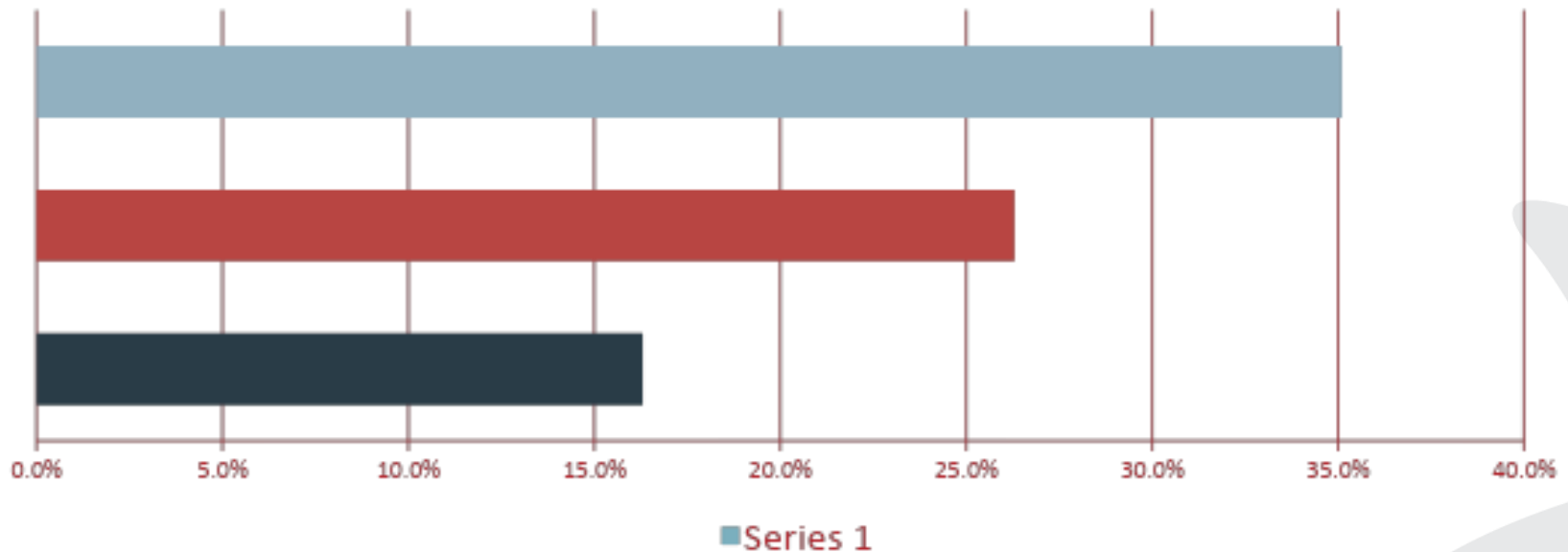
Initiating substance use during adolescence substantially increases the risk of developing dependence or use disorders.<sup>3</sup>

Opioid poisoning and mortality has significantly increased among both teens and young adults.<sup>4</sup>

**ADDRESS** student substance use,  
**DON'T** punish it

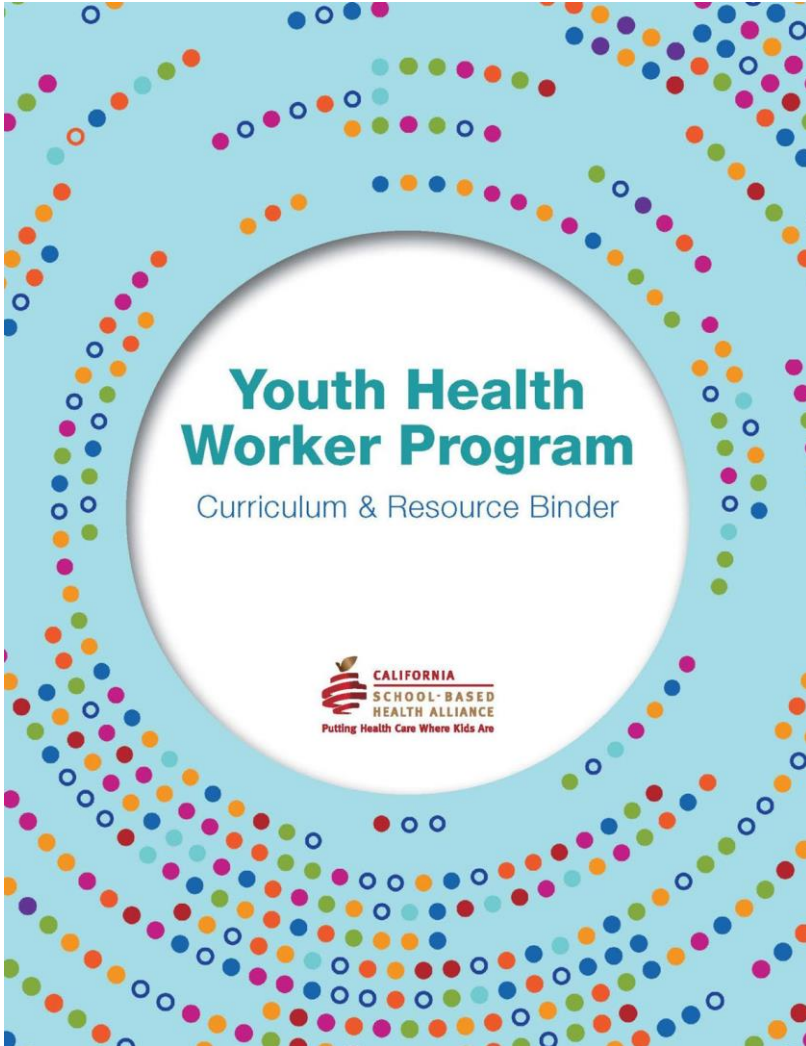
# SCHOOL CONNECTEDNESS HELPS

Percentage of students who used alcohol or drugs in the past month, by level of school connectedness, 2013-2015



School connectedness = a measure based on student responses to five questions on the California Healthy Kids Survey about feeling safe, close to people, and a part of school, being happy at school, and about teachers treating students fairly

# Youth Health Worker



Download Youth Health Worker:



# Harm Reduction Framework

Harm reduction is a set of practical strategies and ideas aimed at reducing negative consequences associated with drug use.





# Substance Use Prevention Modules

- What's Substance Use Prevention (SUP)?
  - Agendas
    - The Effects of Substance Use
    - Substance Use Disorders (SUDs)
    - SBIRT & Your SBHC

[Download module](#)

- Advocating for Change in Schools
  - Agendas
    - Restorative Approaches and School Policy
    - Delivering Advocacy Messages

[Download module](#)



# SBIRT



- Evidence-based
- Download SBIRT quick guides:



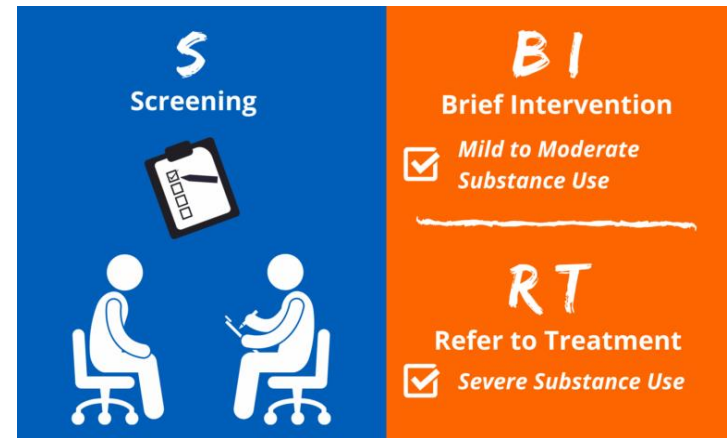
# Screening

## CRAFFT and S2BI

- Collect information about both alcohol and drug use
- Have strong research support
- Are available for free
- Are quick and easy to use
- Have publicly available websites that providers can refer to for guidance and practical tips

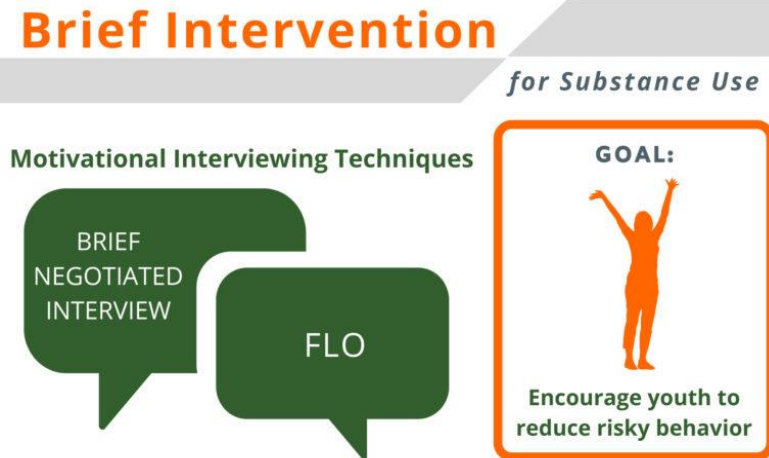
[Download quick guide](#)

[Webinar](#)



# Brief Intervention

- Brief Negotiated Interview
  1. Engagement
  2. Pros & Cons
  3. Feedback
  4. Readiness Ruler
  5. Negotiate Action Plan
  6. Summarize and Thank
- FLO
  1. Feedback
  2. Listen & Understand
  3. Options Explored



[Download quick guide](#)

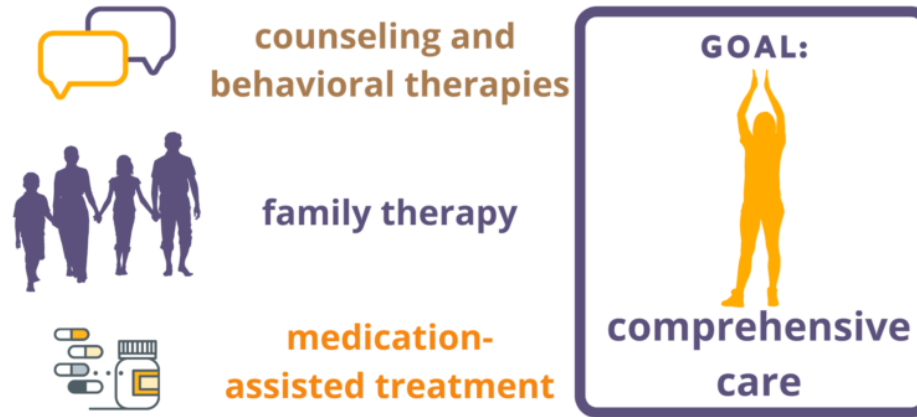
[FAQs about Minor Consent for Substance Use Disorder Services](#)

[Webinar](#)

# Referral to Treatment

## Referral to Treatment

*for Substance Use*



- Medical professionals recommend MAT for adolescents 16 and older.

[Download quick guide](#)

[Webinar](#)

# Other Helpful Resources

[Webinar: Building a “Virtual Presence” for Telehealth Substance Use Treatment](#)

Opioid specific resources:

[Download quick guide: Opioid Use Disorder](#)

[Webinar: Youth Opioid Overview](#)

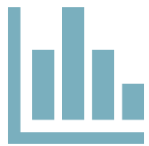


# Re-thinking School Discipline

In California during the 2017-18 school year<sup>3</sup>:



Nearly one in seven out-of-school suspensions and 29% of expulsions were drug-related



Nearly 70 percent of drug-related suspensions involve Latinx or Black students

A student who was suspended or expelled is **twice** as likely to repeat their grade and nearly **three times** as likely to be in contact with the juvenile justice system the following year<sup>4</sup>

# MAKING THE CASE



CA state law is clear that **other means of correction** that address the student's conduct should be implemented instead of suspension or expulsion (Education Code 48900.5).



Punitive school policies **do not address the underlying issues** contributing to substance use.

The **most effective approaches** to helping youth reduce tobacco use are through counseling and education.



**School connectedness** can have a positive impact on whether a student uses tobacco or other substances. Exclusionary discipline responses decrease a student's school connectedness.





# RE-THINKING SCHOOL DISCIPLINE

## Instead of...



## ... Do These:

- ✓ Change school discipline policies
- ✓ Refer to SBHCs or other health providers
- ✓ Provide mental health services
- ✓ Incorporate comprehensive substance use info in health education



# Naloxone Distribution



Training and distribution of Narcan nasal spray

[Resource Guide](#)

Also: On-site Fentanyl testing



# Share Out

What Substance Use best practices, tools and resources do you use?

What questions do you have for the group?



# STAY CONNECTED



[schoolhealthcenters.org](http://schoolhealthcenters.org)



[info@schoolhealthcenters.org](mailto:info@schoolhealthcenters.org)



[schoolhealthcenters](https://www.facebook.com/schoolhealthcenters)



[sbh4ca](https://twitter.com/sbh4ca)



[sbh4ca](https://www.instagram.com/sbh4ca)



**Amy Manta-Ranger**  
[aranger@schoolhealthcenters.org](mailto:aranger@schoolhealthcenters.org)

**Sierra Lau**  
[slau@schoolhealthcenters.org](mailto:slau@schoolhealthcenters.org)