



NATICK PUBLIC SCHOOLS

**NATICK RESPONSE TO THE OPIOID CRISIS
COMMUNITY DISCUSSION
PRESENTED TO BOARD OF SELECTMEN
JULY 18, 2016**

Timothy M. Luff
Asst. Superintendent
Student Services



OPENING REMARKS

- Natick Public Schools is committed to working with the the town on what is a significant issue that is having a great impact on our community.
- This is a community issue that requires a community effort. To that end, we at have implemented curriculum in our classrooms, allocated resources to screening, prevention, & intervention, and have infused knowledge regarding opioids in many aspects of our educational and athletic programming.
- We have teamed up with the Natick Together for Youth and other departments and agencies to ensure we are meeting this issue head on



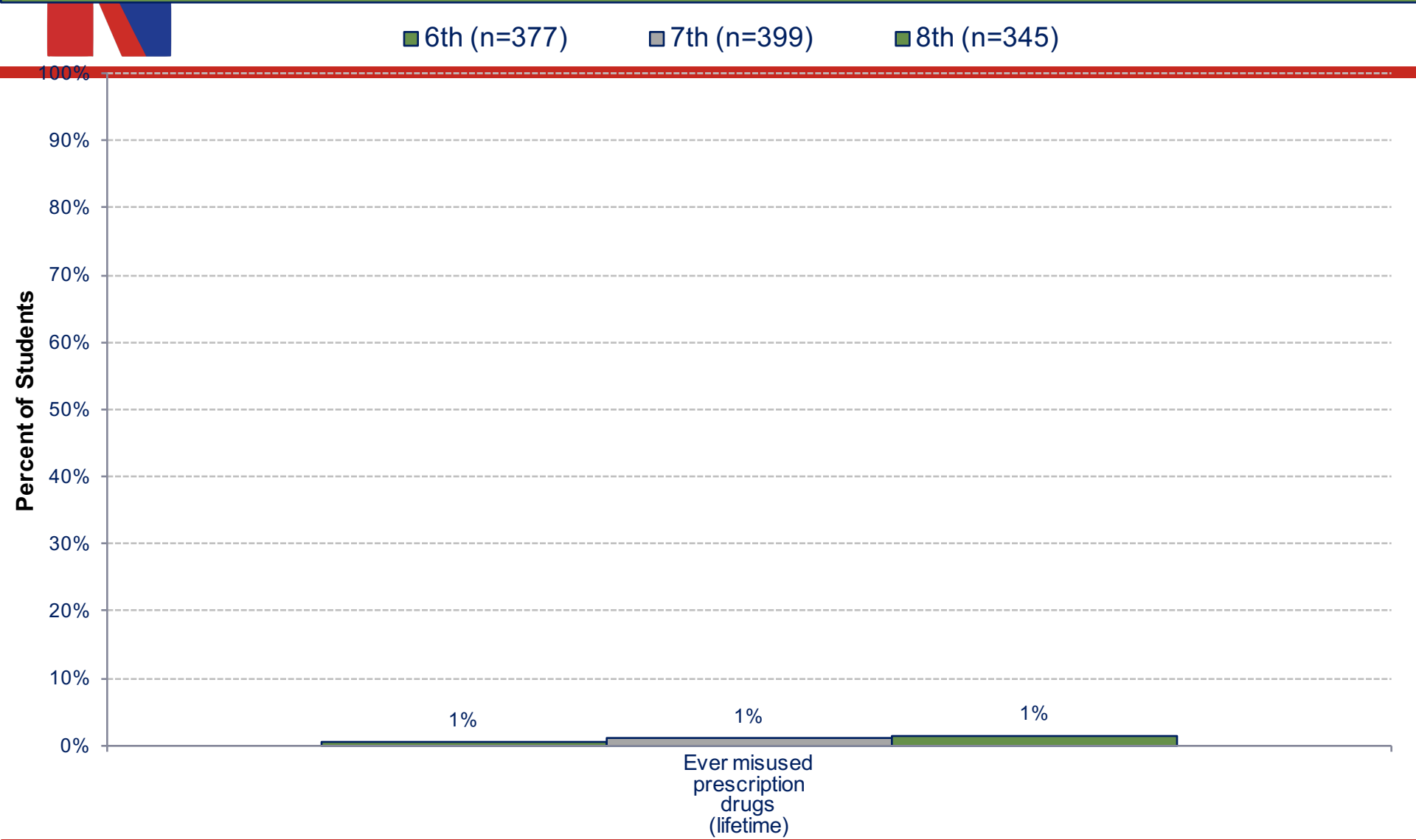
NATICK OVERVIEW

- Data from the Metrowest Adolescent Health Survey conducted in November, 2014
- Curriculum Implementation and Development
- DESE/Legislative Requirements
- Screening, Prevention, and Intervention
- Athletic programs
- Community Partnering

PRESCRIPTION DRUG MISUSE IN MIDDLE SCHOOL STUDENTS, 2014

NATICK MIDDLE SCHOOL STUDENTS (GRADES 6-8)

METROWEST ADOLESCENT HEALTH SURVEY



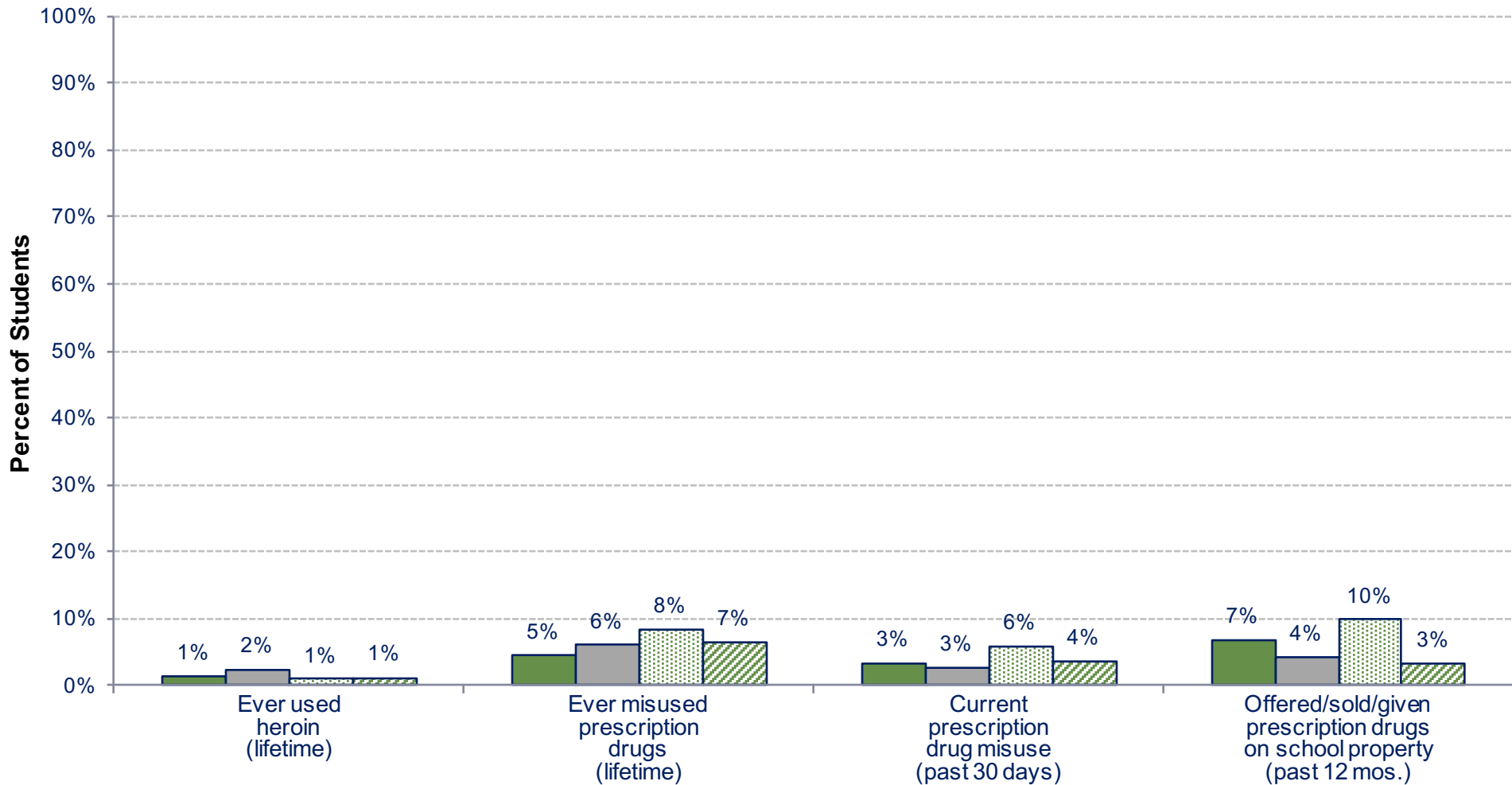
BEHAVIORS IN NATICK HIGH SCHOOL STUDENTS BY GRADE, 2014

NATICK HIGH SCHOOL STUDENTS (GRADES 9-12)

METROWEST ADOLESCENT HEALTH SURVEY



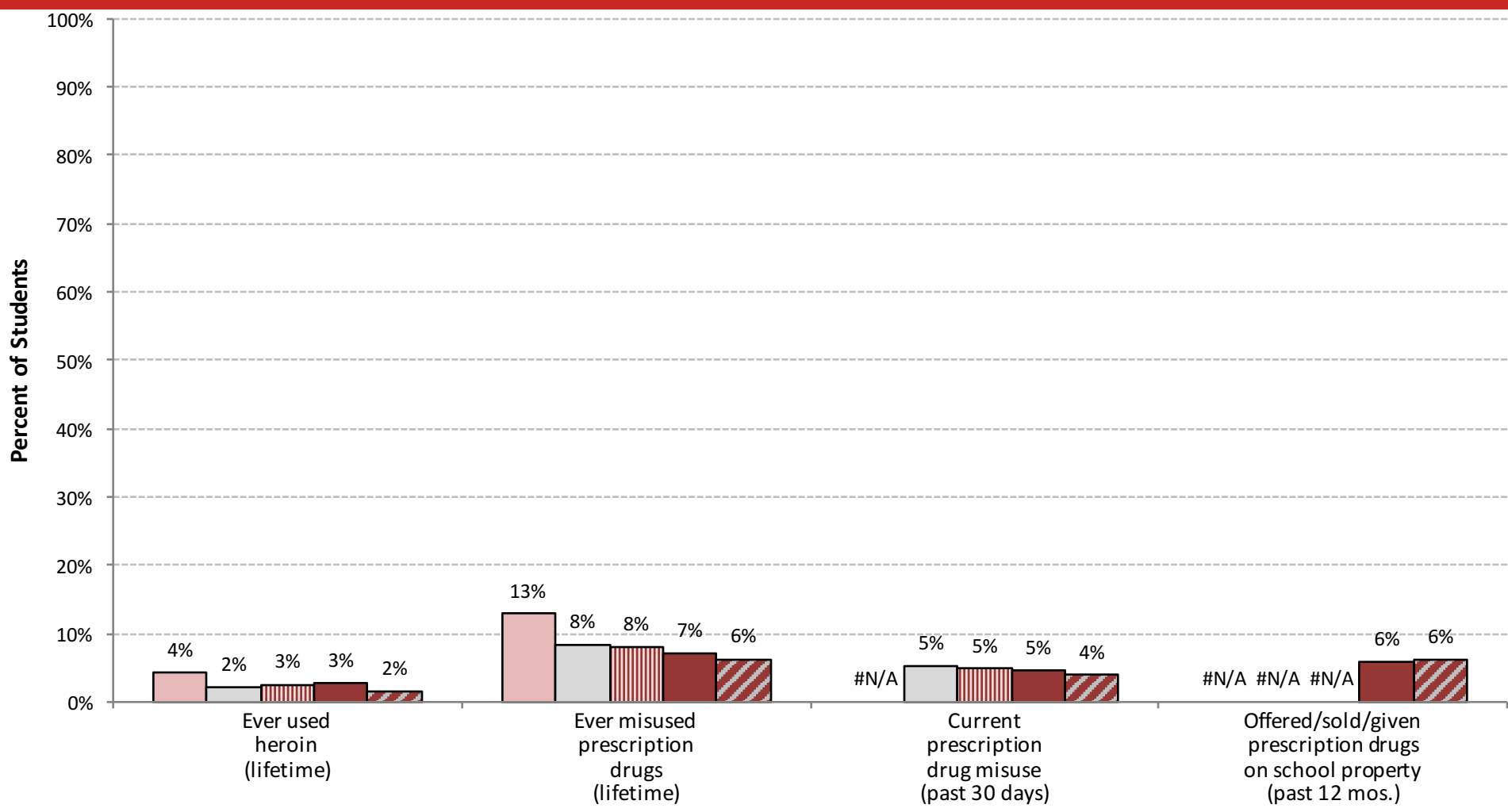
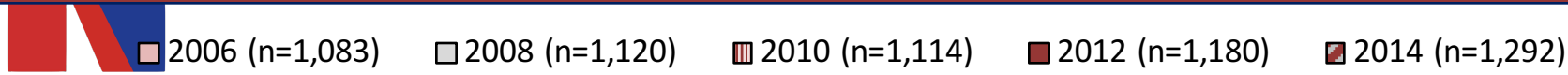
9th (n=365)
 10th (n=333)
 11th (n=324)
 12th (n=248)



TRENDS IN NATICK HIGH SCHOOL STUDENT DRUG USE 2006-2014

NATICK HIGH SCHOOL STUDENTS (GRADES 9-12)

METROWEST ADOLESCENT HEALTH SURVEY



NATICK STUDENT DRUG USE COMPARED AT REGIONAL, STATE, AND NATIONAL LEVELS, 2014 NATICK HIGH SCHOOL STUDENTS (GRADES 9-12)

METROWEST ADOLESCENT HEALTH SURVEY

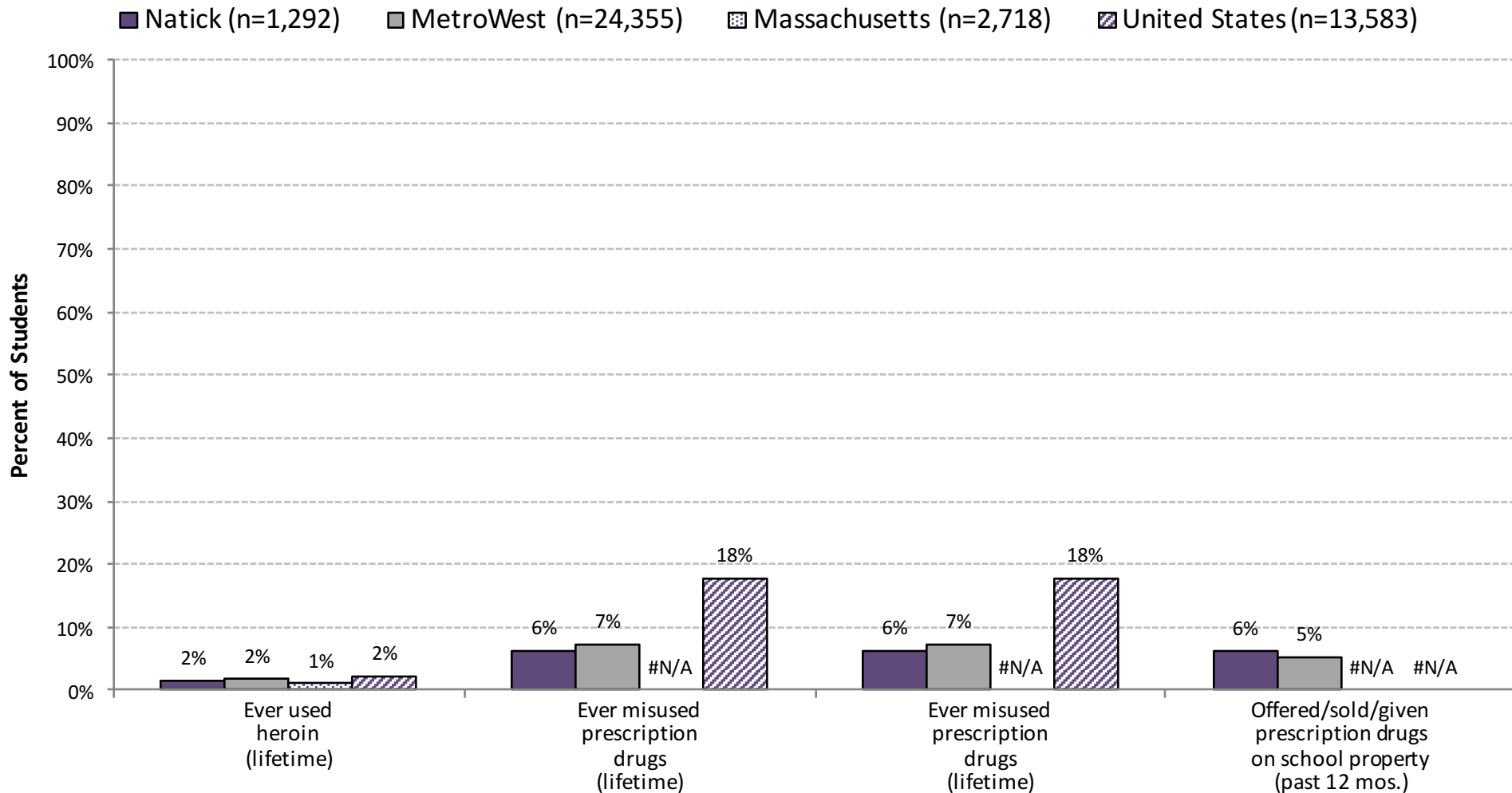
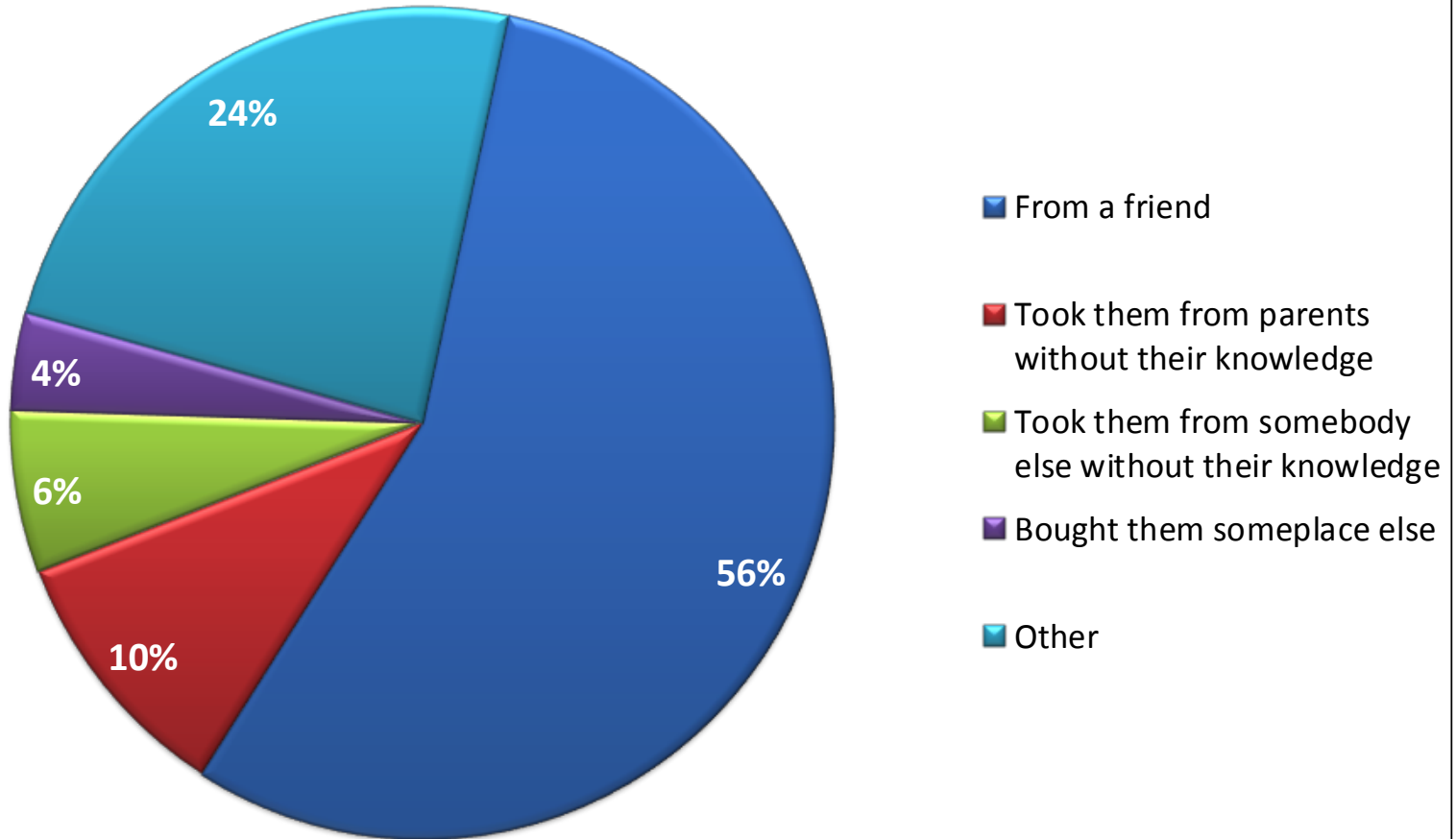


Figure 2-9. Access to Prescription Drugs,* 2014
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey



* Among students who misused prescription drugs in their lifetime



MIDDLE SCHOOL CURRICULUM

- Currently middle school students receive information on drugs, alcohol, and their effects on the body.
- Current research and our work through our health audit are leading us in a different direction.
- This summer the Middle School health teachers, guidance department, and nursing staff are revamping the health curriculum to incorporate research-based instruction focusing on leadership and resiliency skills around the use and experimentation of drugs.



NATICK HIGH SCHOOL CURRICULUM

- Health curriculum currently includes 160 minutes of opioid education for students in grade 11.
- The staff spend two days classifying street drugs and their use with the students.
- These lessons focus more on analyzing how they work, factors that contribute to their abuse, ways to prevent their use/abuse and how to get help for someone in need.
- They do this through direct instruction, group work (they create pamphlets/presentations and then share them with the class) and think/pair/sharing activities.
- Staff also cover addiction scenarios and refusal skill role playing



DEPARTMENT OF ELEMENTARY AND SECONDARY EDUCATION (DESE)

- Legislation Requires:

- Substance use prevention and abuse education policies
- Substance Abuse Screenings
- Concussion Education

- As we await further direction from DESE, NHS is developing opioid education to be delivered to all students at Natick High School this fall.

- The current plan is to host 40-minute assemblies for students in each of the four grades.



SCREENING, PREVENTION, & INTERVENTION

- We conducted SBIRT (Screening Brief Intervention and Referral for Treatment) screening for all students in grades 7 and 9, focusing on drug and alcohol use, and other risky behaviors
- If a student is screened positive, appropriate interventions are put into place.
 - Safety Plans are developed, that include possible parent communication, individual education by healthcare professionals, and follow up. Referral for treatment by outside professionals are made on an as needed basis.



SCREENING, PREVENTION & INTERVENTION

- Hey NHS, how are you?, a grant funded through the MetroWest Health Foundation, based on the work of Dr. Tracey Gladstone from Wellesley College, will continue into next year.
- The expansion of this program will expose students in grades 7,8, 9 and 11 to the SOS(Signs of Suicide) curriculum and continue to screen students for depression and self-harm.



SCREENING, PREVENTION & INTERVENTION

- Working with Dr. Ruth Potee, a physician out of Greenfield, we have developed talking points with families and students regarding post surgery or injury pain management.
- This script acts as a screening tool and education intervention on appropriate use and disposal of opioids.



SCREENING, PREVENTION & INTERVENTION

- Based on the information received by these screening tools, we identify primary and secondary issues, not only around substance use, but also around mental health needs.
- We use data to support our students in addressing these concerns.



SCREENING, PREVENTION & INTERVENTION

- Narcan is a life saving drug that mitigates the effects of opioids on the body.
- Natick Public Schools stocks Narcan, such as it stocks other life saving drugs, i.e. epinephrine, in each of its clinics for emergency use.
- Natick Public Schools has not yet had to administer this drug.



SCREENING, PREVENTION & INTERVENTION

- **Diversion Program**

- In collaboration with the Natick Police Department, Natick Service Council, and NTY, the Natick Public schools offers an education program in lieu of charges and/suspension for substance use.

- **Interface**

- Referral service for students and other community member to access mental health services for treatment options



- At the start of each sports season, the Athletic Director hosts a meeting for players, parents and coaches about the upcoming season. NTY and NPS Nursing department will present information on opioids at those meetings and require coaches to sign off on that training.



- Opioid education will be added to concussion screening and training for athletes.
- All athletes are required to watch a concussion video as part of the registration process. NTY/NPS is putting together a handout about opioid use with Natick specific numbers. Students will be required to document at the time of registration that they reviewed this handout.



- Students found to be under the influence or in possession of drugs or alcohol may continue to access the Diversion Program in lieu of suspension.
- Student-athletes will not be able to avoid MIAA game suspension(s) without participation in the Diversion Program.
- The Program includes education as well as community service.



COMMUNITY PARTNERING

- NPS continues to work closely with NTY and other agencies in community discussions and support for our students.
 - SOAR, MetroWest Health Foundation, MA Dept. of Public Health, SPARK Kindness, NPD, NFD, Natick Service Council, Natick Recreation and Parks, Natick Health Department, Local Mental Health Agencies, Community Based Justice Programs, and many more that could be named.
- NHS students actively participate in NASSA (Natick Against Student Substance Abuse) to promote healthy decisions.
- In her presentation, Katie Sugarman from NTY, will talk about a significant number of community events that have collaboratively run together with the Natick Public Schools.



NATICK CLOSURE

- It is our hope this evening that we broaden our approach by coming to you, to facilitate the continued efforts to prevent and eliminate this crisis, by pushing forth a more significant community effort.
- Thank you for your time and consideration of this ongoing attention to this issue
- Question/Answer session to follow or contact me anytime at tluff@natickps.org