

# Greater Lowell Technical High School



## 2019~2020 SUBSTANCE USE PREVENTION AND EDUCATION PLAN

Respect ~ Effort ~ Accountability ~  
Commitment ~ Honesty



Approved by the  
Greater Lowell Technical  
School Committee

August 23, 2018

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**GREATER LOWELL TECHNICAL HIGH SCHOOL**  
**SUBSTANCE USE PREVENTION AND EDUCATION PLAN**

**I. LEADERSHIP**

Greater Lowell Technical High School is committed to providing a safe and supportive learning environment which is free of the detrimental effects of alcohol, tobacco and drugs, and has developed the following plan to address these issues through prevention/education, intervention and discipline.

**II. POLICIES AND PROTOCOLS**

**Drug and Alcohol Use by Students Prohibited**

*(Outlined on page 33 of the Student Handbook)*

A student who uses or consumes, possess, buys or sells, or gives away any beverage containing alcohol; marijuana; steroids; or any controlled substances and drug paraphernalia regardless of the quantity on school premises, on a school bus or during a school-sponsored activity/event, will be barred from the activity and will be subject to disciplinary action up to and including expulsion. The student will also be mandated to attend a substance abuse intervention program offered by the school. Failure to complete the program may prevent a student from participating in graduation.

Students should note that unauthorized possession or distribution of prescription medication may result in suspension and/or expulsion as certain prescription medication is considered to be a controlled substance.

Additionally, the Tyngsboro Police Department or the local police department where the offense occurred may be notified and further criminal action may be pursued. In cases of possession/distribution of controlled substances, the police department will be provided with a complete report and confiscated substances.

**Drug Free School Zone**

*(Outlined on page 33 of the Student Handbook)*

Any person possessing with intent to sell or selling drugs within three hundred (300) feet of school property whether school is in session or not is subject to a mandatory minimum sentence of two years imprisonment. Lack of knowledge of school boundaries is no defense.

School Committees may apply and enforce discipline codes against student conduct occurring after school hours and off school grounds. See (Nicholas B. v. The School Committee of Worcester) decided February 24, 1992.

## **Teaching about Alcohol, Tobacco and Drugs**

*(Outlined on pages 33 & 34 of the Student Handbook)*

Greater Lowell Technical High School provides age appropriate, developmentally appropriate, evidenced-based alcohol, tobacco, and drug prevention education to students in grades 9-12, as part of the Physical Education/Wellness Program. The alcohol, tobacco, and drug prevention education will address the legal, social, and health consequences of alcohol, tobacco, and drug use with emphasis on nonuse by school age children. It also will 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 the alcohol, tobacco, and drug prevention education as stated below are rooted in the School 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 curriculum, instructional materials, and outcomes used in this program shall be recommended by the Superintendent and approved by the School Committee.

## **Use of Possession of Tobacco Products**

*(Outlined on pages 43 & 44 of the Student Handbook)*

Greater Lowell Technical High School remains committed to maintaining a smoke-free environment and recognizes that the smoking of tobacco or the use of any tobacco product including smokeless/chewing tobacco or electronic devices (i.e., vapor/E-cigarettes) can have serious health implications for everyone in the school community. Smoking or use of any tobacco product including chewing tobacco and any (M.G.L., Chapter 71, Section 2A), electronic smoking device (i.e., vapor/E-cigarettes) whether it contains tobacco or not, is not allowed within the school building, on school grounds, school sponsored events or school transportation vehicles. Students found in possession of any tobacco product or tobacco related paraphernalia in the building, on school property or on school buses will have the product confiscated by an administrator and will be subject to discipline, up to and including suspension. All confiscated tobacco will be destroyed and all electronic smoking devices will be turned over to the school resource officer.

Tobacco related paraphernalia includes but is not limited to cigarette lighters, cigarette holders, pipes, and cigarette papers. Students who are frequent offenders of this policy may be subject to additional administrative intervention.

The Assistant Superintendent-Principal or designee is responsible for the implementation and oversight of the plan. At the beginning of each school year, the Assistant Superintendent-Principal or his/her designee, provides the school community, including staff, students, and parents/guardians with notice of the substance use prevention and education policies in the Student Handbook. These policies are also made available to parents/guardians on the Greater Lowell Technical High School website ([www.gltech.org](http://www.gltech.org)) under the "Parent" and "Student" tabs.

The Assistant Superintendent-Principal will review the plan/policies every two years so any issues that have arisen can be addressed or sections that have not been effective can be modified.

### **Verbal Interview Screening Tool**

*(Outlined on page 82 of the Student Handbook)*

The Massachusetts General Laws, Chapter 71, Section 97, requires that all public schools utilize a verbal screening tool to screen students annually at two different grade levels for substance use disorders. Vocational Technical Schools are required to screen one grade level.

Greater Lowell Technical High School nursing and counseling staff will be providing interview based screening for 10<sup>th</sup> grade students utilizing the CRAFFT-II Screening Interview, a behavioral health screening tool for use with children under the age of 21. The CRAFFT-II is recommended by the American Academy of Pediatrics' Committee on Substance Abuse for use with adolescents and is the most commonly used substance use screening tool for adolescents in Massachusetts. Student screening sessions will be brief (approximately five (5) minutes) and conducted by either a guidance counselor, adjustment counselor, or school nurse in one-to-one scheduled sessions. Screening is voluntary and students may choose not to answer any or all of the screening questions. All students will receive some educational material and a resource list at the time of screening.

Parents will be informed of the screening in advance and given the opportunity to opt their child out of the screening.

Results of the screening will not be included in your student's school records, nor will it be shared with any staff other than the Screening, Brief Intervention Referral to Treatment (SBIRT) Team composed of the nursing staff, the school adjustment counselors, and your child's guidance counselor. A screener will provide brief feedback to any student who reports using substances, or is at risk for future substance use. If needed, the student will be referred to the appropriate school resource for further evaluation.

Additionally, if you have any questions or concerns regarding the verbal screening tool for substance use disorders, please feel free to contact the Director of Guidance and Counseling Services.

### **III. PROFESSIONAL DEVELOPMENT**

All staff will be provided yearly training on the early warning signs and behaviors that indicate a student may be experiencing substance use problems, as well as responding to substance use and abuse, and the school referral process for intervention. Staff members hired after the start of the school year will be required to participate in school-based training during the school year in which they are hired. Staff training will be offered through school-wide/departmental staff meeting(s). New hires will be trained through the Mentor/Mentee Program. Training for other staff will be determined by administration.

Staff who are responsible for implementing substance use prevention curricula will receive specific training and ongoing professional development on implementing evidence-based programs and effective strategies for preventing substance use.

### **IV. ACADEMIC AND NON-ACADEMIC ACTIVITIES**

Substance use prevention and education curriculum is integrated into the Teen Health and Physical Education/Wellness classes for all students in grades 9-12. The curriculum is developmentally appropriate and demonstrates cultural competency.

Students will acquire knowledge and skills to be competent in making health enhancing decisions regarding the use of medications and the avoidance of substances. Students will communicate about substance use/abuse prevention for healthier homes, schools, and communities. Students will learn ways to prevent or reduce the risk of developing a behavioral health problem, such as underage alcohol use, prescription drug misuse and abuse, and illicit drug use.

All school-based mental health professionals are available to work directly with students who are identified as being at risk.

In addition, 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.

## **V. ACCESS TO RESOURCES AND SERVICES**

The Greater Lowell Technical High School has a highly motivated and knowledgeable staff of service providers which includes eight Guidance Counselors, four Adjustment Counselors, three School Nurses, and two School Psychologists. All of these service providers have an understanding of the dynamics of alcohol and drug use, and play a key role in identifying and referring students with substance use related problems and working with their families. They are also responsible for developing recommendations and action steps to fill District resources and service gaps as they arise.

The school service providers listed above have access to information and strategies necessary to facilitate referrals to community services and have established a resource list (see Appendix A) for the network of services available through local community agencies. Greater Lowell Technical High School believes that collaboration with community behavioral health and treatment providers can address student-specific issues including interventions, such as small group, individual supports, and school re-entry plans.

## **VI. REFERRALS TO SERVICES**

All staff at Greater Lowell Technical High School play a key role in identifying and referring students with substance use related problems and working with their families. A Substance Use Prevention and Education Referral Process has been established for all staff (see Appendix B).

## **VII. COLLABORATION WITH FAMILIES**

Families are essential partners in Greater Lowell Technical High School's efforts to prevent substance use. Parental input, particularly from parents of students with substance related-problems, helps identify and prioritize the needs of our school community.

At the beginning of each school year, the Assistant Superintendent-Principal or his/her designee, will provide parents/guardians with notice of the substance use prevention and education policies in the Student Handbook. Parents and students must acknowledge receipt and review of the handbook at the start of each school year. These policies will also be made available to parents/guardians on the Greater Lowell Technical High School website ([www.glttech.org](http://www.glttech.org)) under the "Parent" and "Student" tabs.

Greater Lowell Technical High School will offer informational resources and education programs for parents and guardians that are focused on the early warning signs and behaviors that indicate a child may be experiencing substance use problems, modeling skills and attitudes at home, supporting the prevention/education component of our school health programs, as well as responding to substance use and abuse, and the school referral process for intervention. All materials will be easily understandable and culturally appropriate. The programs will be offered in collaboration with the School Council, Greater Lowell Parent Organization, Special Education Parent Advisory Council, Technical Program Advisory Committees and other parent groups.

## **APPENDIX A SUBSTANCE ABUSE RESOURCES**

### **For Treatment**

- Substance Abuse Mental Health Services Association (SAMHSA); [www.samhsa.gov](http://www.samhsa.gov), 800-662-HELP
- Massachusetts Bureau of Substance Abuse Hotline; [www.helpline-online.com](http://www.helpline-online.com), 800-327-5050, tty 888-448-8321
- Mass Organization of Addiction Recovery (MOAR); [www.moar-recovery.org](http://www.moar-recovery.org)

### **Inpatient Treatment**

- Lahey Health Behavioral Services Treatment Center; [www.nebhealth.org](http://www.nebhealth.org)
- Megan's House; Lowell, [www.themeganhouse.org](http://www.themeganhouse.org)
- Tewksbury State Hospital; 978-259-7000

### **Outpatient Detox**

- CleanSlate Centers; Tewksbury, 800-NEW-START
- Veterans Center; Bedford, 781-687-2654

### **Community Support**

- Lowell Community Health Center Substance Abuse Treatment Office-Based Opioid Treatment; 161 Jackson Street, Lowell, 978-937-9700
- Lowell House; 555 Merrimack Street, Lowell, 987-459-8656
- LUK, Inc.; [Counseling@LUK.org](mailto:Counseling@LUK.org), 800-579-0000; Lowell, 978-596-0624
- Middlesex Recovery, P.C.; 53 Cummings Park, Woburn, 781-305-3300
- Narcotics Anonymous (NA); 866-624-3578
- Alcoholics Anonymous (AA); 978-957-4690
- Massachusetts Poison Control Center; 800-222-1222

### **Support for Family and Friends**

- Learn to Cope; [www.Learn2Cope.org](http://www.Learn2Cope.org), 508-801-3247  
Learn to Cope Lowell Chapter; 508-245-1050  
Learn to Cope Tewksbury Chapter; 508-245-1050
- Nasal Narcan Responder Training; 800-327-5050
- Al-Anon/Alateen; [www.ma-al-anon-alateen.org](http://www.ma-al-anon-alateen.org); 508-366-0556
- Al-Anon; [www.al-anon.org](http://www.al-anon.org); 888-425-2666
- Families Anonymous; [www.familiesanonymous.org](http://www.familiesanonymous.org)  
Families Anonymous Groton Chapter; 978-448-3402  
Families Anonymous Wilmington Chapter; 978-973-5645
- Coping Today – Coping with Loss following a Substance Passing, Lowell 978-257-5971

## APPENDIX A (Cont'd)

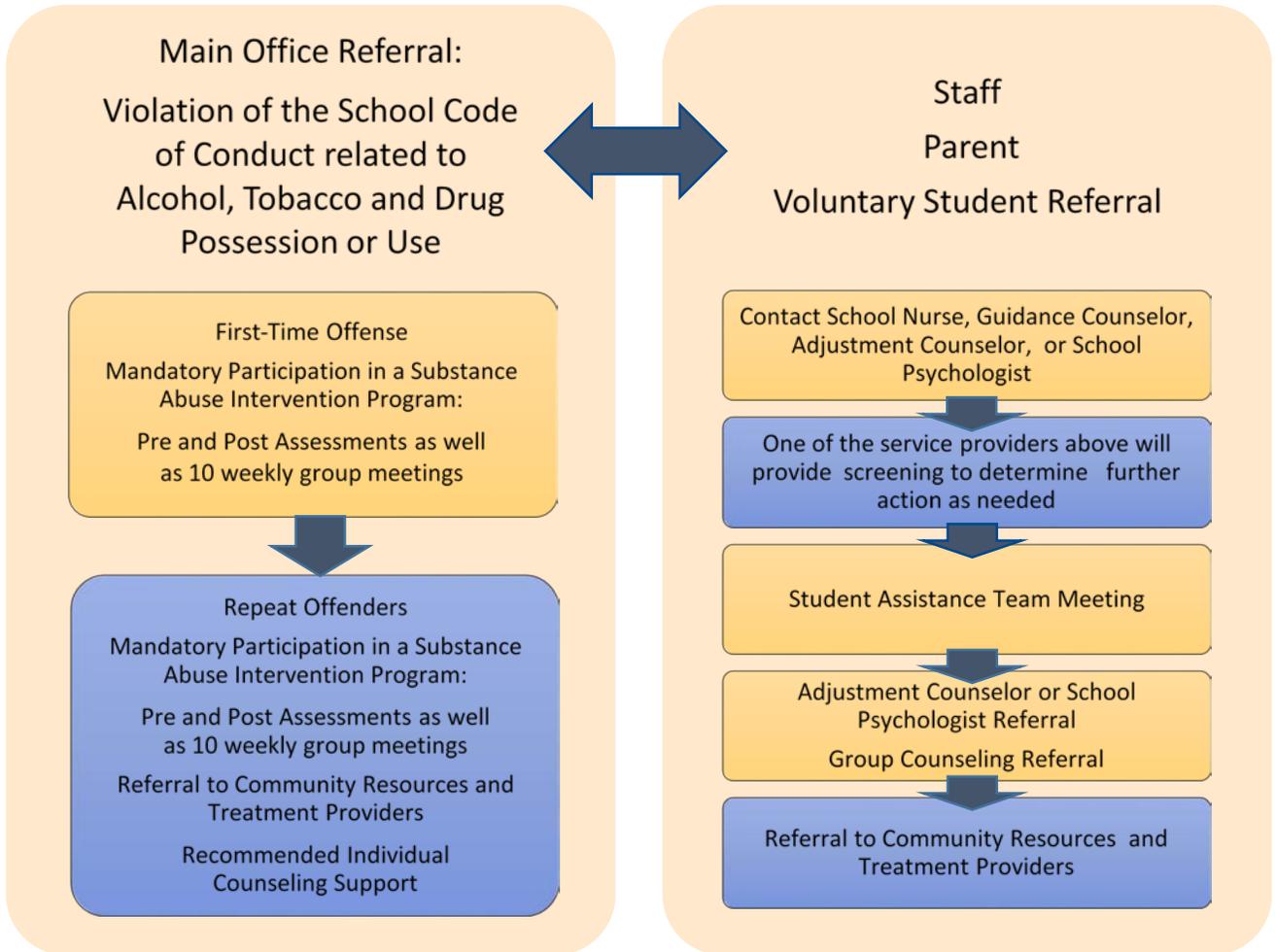
### **Support for Family and Friends** (Cont'd)

- The Addict's Mom; [www-addictsmom.com](http://www-addictsmom.com)
- Drug Free; [www.drugfree.org](http://www.drugfree.org)
- Wicked Sober; [www.wickedsober.com](http://www.wickedsober.com)

### **Recommended Reading**

- "Addict in the Family" by Beverly Conyers
- "Heroin's Puppet: The Rehab Journals of Amelia F.W. Caruso (1989-2009) by Melissa M. Weiksnar
- "It's Not Gunna Be an Addiction: The Adolescent Journals of Amelia F. W. Caruso (1989-2009)" by Amelia F. W. Caruso and Melissa M. Weiksnar
- "It's Not Okay to be a Cannibal: How to Keep Addiction from Eating Your Family Alive" by Andrew T. Wainwright
- "Now What? An Insider's Guide to Addiction and Recovery" by William Cope Moyers
- "Sunny's Story, How To Save A Young Life From Drugs" by Ginger Katz and Marci Alborghetti

**APPENDIX B**  
**GREATER LOWELL TECHNICAL HIGH SCHOOL**  
**SUBSTANCE USE PREVENTION AND EDUCATION**  
**INTERVENTION REFERRAL PROCESS**  
*(Education, Services and Support)*



**Contact Phone Numbers:**

**Administrative Office**

Assistant Superintendent/Principal 978-441-4807

**Main Office**

Senior Assistant Principal 978-441-4416

Assistant Principal 978-441-4412

Dean of Students 978-441-4414

**Guidance Department**

Director of Guidance and Counseling Services 978-441-4955

**School Nurses**

978-441-4433

978-441-4411

978-441-4422