



TACKLING YOUTH SUBSTANCE ABUSE

Substance use services and training programs for schools

TYSA is a cross-sector coalition aimed at leveraging the power of collective impact to improve health outcomes for our community's youth and young adults. Through our diverse partnerships, TYSA can offer schools a variety of services to support the workforce and parents to address youth substance use. Additionally, TYSA can provide connections to evidence based service providers that span the continuum of care for students.

✓ Prevention Programs

Prevention is the first step in the continuum of substance use services. Evidence based programming and curricula are available to prevent youth initiation into substance use.

✓ Early Intervention

For those students that may have already initiated substance use but have not yet developed a substance use disorder, screening is key. These services are available on-site.

✓ Linkages to Licensed Treatment Programs

Some students may have developed a substance use disorder and require treatment outside of the school setting. TYSA has linkages to many state licensed providers on Staten Island and throughout NYC.

✓ Professional Development

Professional Development workshops are delivered by trained TYSA coalition members to strengthen school personnel's ability to identify and respond to student substance use.

✓ Parent Workshops

Workshops are delivered by trained TYSA coalition members to assist parents in identifying signs and symptoms of substance use in their children, increase family communication, and navigate services.

✓ Athletic Policy

Prescription pain medication, even if used as prescribed, can lead to misuse, result in a opioid use disorder, or cause overdose. Raise parent and student athlete awareness of the potential dangers and consequences of prescription pain medications by establishing a school athletic policy.

✓ Naloxone Training

Life-saving naloxone should be in the hands of all those who are at risk for opioid overdose. On Staten Island, this means school personnel, parents and family members, and even students themselves, should be trained to reduce fatal overdose. Schedule an on-site training.

✓ Youth Empowerment and Education Workshops

Youth champions are essential to educate peers and family members about youth substance use and develop young, informed leaders. Workshops and programming are available to empower students to make healthy decisions.

Services for Students

Prevention Programming

Prevention is the first step in the continuum of substance use services. Teaching students refusal skills, how to build positive self-image and raising awareness of consequences are essential to prevent substance use issues now and later in life. TYSA promotes Office of Alcoholism and Substance Abuse Services (OASAS) licensed prevention organizations and programs as they are vetted for quality and effectiveness and have demonstrated proven results.

Prevention services can be offered throughout the school day or after school with or without assistance from DOE personnel.

Your school may already have prevention programming in place. If you have a SAPIS, or work with a community based prevention organization, curricula may already be delivered to select grade/student groups.

The following organizations offer OASAS licensed prevention services:

United Activities Unlimited
YMCA Counseling Service
Archdioceses of New York Drug Abuse Prevention Program*
National Society for Hebrew Day School†

*Services NYC Archdiocese schools

†Services SI Hebrew Day schools

To learn more about organizations and specific types of programs they offer, contact TYSA

Early Intervention

For those students that may have already initiated substance use but have not yet developed a substance use disorder, screening and referral to treatment, if necessary, is key. Evidence based programs, such as Teen Intervene, are available to universally screen students and provide those that require additional services with the help they need.

If you have a SAPIS, or a school based health center, screening may already been occurring.

The following organizations can provide early intervention services to students during the school day:

YMCA Counseling Service
United Activities Unlimited

The following organization can provide early intervention services **in an after school/out of school setting:**

Staten Island Mental Health Society

Services for Workforce

Professional Development

Teachers and other school professionals play an important role in helping students avoid the dangers of alcohol and other drugs. TYSA offers a professional development workshop which demonstrates the positive power of teachers and specific ways in which schools can protect students from substance use. This workshop will build the capacity of personnel who work with and interact with youth on a daily basis to feel confident in helping prevent substance use in the school. Schedule a TYSA professional development workshop to equip personnel to:

- 1) Identify signs and symptoms of substance use
- 2) Provide tools to maintain healthy classrooms and schools
- 3) Introduce school protocol to address intoxication and suspected substance use.

Trainings are delivered by trained TYSA coalition members during school designated professional development time. Workshops are most effective when a school representative, generally the SAPIS, is present during the presentation to reinforce protocols for addressing substance use among students.

Contact Anna Bledsoe, TYSA coordinator, to schedule a training.

Services for Parents/Community Members

Parent Workshops

Our SI Parents You Matter! workshop trains target audiences to be able to discuss the dangers of prescription pills, heroin, binge drinking, and other risky behaviors with youth in a balanced, well-informed manner. The workshop also explores the science of addiction and introduces helpful resources for those who notice a child or young adult already experiencing substance use problems. Through this training, parents will learn about signs and symptoms of harmful substance use and obtain the skills to address it through effective communication and education about the risks and protective factors that make students vulnerable. This workshop also provides parents with practical tools to prevent substance misuse in their homes as well as connections to treatment for those students that require professional assistance.

Workshops are available for any type of group setting, large or small. For more information or to schedule a training contact Anna Bledsoe: anna@sipcw.org 718-226-0264

Naloxone Training

Naloxone is an opioid antagonist that is used to reverse opioid overdose. Life-saving naloxone should be in the hands of all those who are at risk for opioid overdose. On Staten Island, it is important for school personnel, parents and family members, and even students themselves, to be trained to give naloxone in an opioid overdose emergency. Schedule an on-site training for school personnel, parents, students or a mixed audience. At the conclusion of the training, participants are given a naloxone rescue kit to take home.

For more information or to schedule a training, contact Jazmin Rivera: jazmin@sipcw.org 718-226-0264

Services for Parents/Students

Athletic Policy

Many students are prescribed pain medication after an injury. Prescription pain medication, even if used as prescribed, can lead to misuse, result in a opioid use disorder, or cause overdose. Raise parent and student athlete awareness of the potential dangers and consequences of prescription pain medications by establishing a school athletic policy. TYSA can provide schools with a waiver that explains the dangers and consequences of prescription pain killer misuse, signs and symptoms, and tips for parents to monitor their student athlete's use. Both parents and students are required to read and sign the waiver prior to participation in sports. A short presentation is given to parents of student athletes as well that provides them with additional information on prescription pain medications and other substances that may affect their student athlete throughout the school year.

For more information contact Jazmin Rivera: jazmin@sipcw.org 718-226-0264

Services for Students

Youth Empowerment and Education Workshops

TYSA is invested in empowering youth to make healthy decisions by providing them with knowledge and practical skills. Youth champions can spread the word to peers, families and their communities about reducing youth substance use. Furthermore, substance use is one important component of the overall mental, emotional and physical wellness of students. Workshops offer information on current drug landscapes, how youth can become champions in their schools, families and communities and offer opportunities for leadership and participation in island, city and state wide projects. Additionally, youth can obtain practical skills such as public speaking, resume writing and volunteer opportunities to increase overall success.

Bystander intervention is also available for students. This workshop provides students with the skills to detect high risk situations and tools to safely intervene. Focus areas are based upon situations high school students are likely to face in their daily lives including bullying, substance use and mental health scenarios. The workshop is hands on, interactive and fun and allows students to practically apply the fundamentals of bystander intervention.

TYSA can offer both stand-alone workshops and programming for existing student groups. For more information contact Anna Bledsoe: anna@sipcw.org