



TACKLING YOUTH SUBSTANCE ABUSE

SCHOOL MENU OF SERVICES

A TYSA guide to navigating substance use services and support for your school and community.



Substance Use Services and Training Programs for Schools

TYSA, a cross-sector coalition aimed at leveraging the power of collective impact to improve health outcomes for our community's youth and young adults, has created this guide to help you navigate the available resources. Through our diverse partnerships, TYSA connects schools to a variety of evidence based services to support the workforce and parents to address youth substance use.

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About TYSA

Tackling Youth Substance Abuse is a coalition of people and organizations who have come together with a mission to decrease youth and young adult substance use on Staten Island. It is a dynamic partnership of both private and non-profit organizations; city and state government agencies; philanthropists; parents, teachers and teens, many of who have been working to combat alcohol and drug misuse for years.

The TYSA coalition focuses all of its members into using their resources to achieve the same goals. Staten Island doctors, pharmacists, law enforcement officials, drug treatment providers, hospitals, educators and youth organizations work together through TYSA to help one another, and the whole community, to combat youth substance use.



Student Services

1. SAPIS

Substance Abuse Prevention and Intervention Specialists (SAPIS), are employees of the Department of Education. Where available, SAPIS can serve as the first point of contact at your school for evidence-based prevention programs.

2. 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. OASAS licensed prevention services available include United Activities Unlimited, and YMCA Counseling Service. 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.

Social Emotional Learning (SEL) allows children to recognize their own thoughts and feelings as well as regulate their own emotions and behaviors to foster academic success. Evidence-based programs include Responsive Classroom, Second Step, and PAX Good Behavior Game. These produce improved outcomes for youth, including reduced substance use later in life.

3. Early Intervention

Screening and referral to treatment, if necessary, is key for those students that may have already initiated substance use but have not yet developed a substance use disorder. 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. Early intervention services available to students during the school day include SAPIS, or school based health center, if available, the YMCA Counseling Service, and United Activities Unlimited. Services available in an after school or in an out-of-school setting include Staten Island Mental Health Society and United Activities Unlimited.

4. Treatment

Some students may require a higher level of care outside of the school setting. See TYSA's Staten Island Behavioral Health Resource Guide for youth-serving community recovery and resource centers, including substance use providers, and clubhouses.

For more information or to schedule a training or workshop with parents and community members, contact TYSA by email at **TYSA@SIPCW.org**



Services for Students, Continued...

5. Youth Empowerment & Education

TYSA is invested in empowering youth to make healthy decisions by providing them with knowledge and practical skills. These services and opportunities include:

Bystander Intervention: This workshop provides students with the skills to detect high risk situations among peers and tools to safely intervene. Focus areas are based upon situations 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.

Service Credit Opportunities: TYSA can provide students pro-social opportunities to serve their community. Community service is a great way to develop new skills, make new friends, and gain experience working on a team. Community service provides a way to help others in need, their community, strengthen a resume or college application. They help provide work experience and personal growth. It is also a great way to meet the requirements for graduation from your high school or college.

Technical Assistance for Student-Led Research/Programs: It is only through teaching a subject that you really come to understand it. TYSA can strengthen the skills of students to explain complicated concepts in the behavioral health field and develop a more sophisticated understanding of them. Teaching assistant can prove to be an invaluable learning experience where you can gain some practical on-the-job skills. Even if your career path will take you beyond the behavioral health field, the opportunity can still be an excellent way to develop leadership skills and get some great experience.

Advocacy: TYSA provides coaching opportunities for students passionate about youth health outcomes, and making a difference in their community. TYSA youth advocates can perform outreach, consult on messaging, and speak with elected officials from the city, state and federal level to advocate for policy change and resources. Youth champions can also spread the word to peers, families and their communities about reducing youth substance use.

For more information on the services available to students contact TYSA by email at **TYSA@SIPCW.org**



School Workforce Services

1. Professional Development

TYSA offers professional development workshops which demonstrate the positive power of teachers and specific ways in which schools can support the positive behavioral health of students. This workshop will build the capacity of personnel who work with and interact with youth on a daily basis to feel confident in helping students get the support services they need.

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) Refer students to the right resource in the school

For more information on student and school workforce services contact TYSA by email at **TYSA@SIPCW.org**

Parent Services

1. Parent Empowerment Workshops

Just Talk- SI Parents You Matter! workshop trains target audiences to be able to communicate with their children about substance use and risky behaviors with youth in a balanced, well-informed manner.

The workshop also explores:

- Signs and symptoms of harmful substance use
- The science of addiction
- Practical tools to prevent substance use
- Triggers and risk factors for substance use and emotional distress
- Connections to treatment for those students that require professional assistance.

2. Naloxone Training

Naloxone is used to reverse opioid overdose. Life-saving naloxone should be in the hands of all those who are at risk for opioid overdose. It is important for school personnel, parents, family members, and even students themselves, to be trained to give naloxone in an opioid overdose emergency. At the conclusion of the training, participants are given a naloxone rescue kit to take home.

3. Advocacy Opportunities

TYSA provides opportunities for parents, and community members to get involved. TYSA works with elected officials from the city, state and federal level to advocate for policy change and resources.

For more information or to schedule a training or workshop with parents and community members, contact TYSA by email at **TYSA@SIPCW.org**



School Prevention Services for Your School

Fill-in the form below to reflect the services available at your school and post schoolwide.

Substance Abuse Prevention and Intervention Specialists (SAPIS) are the first point of contact at your school for substance use-related issues.

Name of School's SAPIS, if present

School-Based Health Centers address health and wellness in schools. They help students manage their health during the school day. School-Based Health Centers are run by local hospitals, medical centers, and/or community based organizations.

[] *School-Based Health Center Present* _____
Name of SBHC Director

Social Emotional Learning (SEL) provides supportive and welcoming environments to foster academic success. Through SEL, children begin to recognize their own thoughts and feelings as well as regulate their own emotions and behaviors.

School SEL Program Name(s)

After-school and Summer learning programs are a protective factor against substance use, and can increase resilience among youth. Some after school/summer programs use OASAS licensed providers and evidence based prevention programs.

After School Provider(s)

TYSA can point school staff to relevant coalition partner services, workshops and programming for student groups, as well as professional development for teachers.

TYSA Coalition Contact

