



SOUTH UMPQUA
SCHOOL DISTRICT

Unlocking Unlimited Potential in Every Student

**Substance Use Prevention
and
Intervention Plan**

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South Umpqua School District

Comprehensive Substance Use Prevention Plan

Introduction

South Umpqua School District is located in South Douglas County in Southern Oregon. The district currently serves approximately 1375 students in grades K-12. In Oregon, each school district must develop a comprehensive drug and alcohol use prevention plan as a part of the Kindergarten through 12th grade Health Instructional Program.

The South Umpqua School District Comprehensive Substance Use Prevention Plan (CSUPP) has been developed in accordance with a series of Oregon Senate Bills, Oregon Revised Statutes and Oregon Administrative Rules. This plan primarily encompasses:

- OAR 581-022-2045 (Prevention Education in Drugs and Alcohol)
- OAR 581-022-1140 (Equal Educational Opportunities)
- OAR 581-022-1210 (District Curriculum, instruction of infectious diseases, including HIV/AIDs and Hepatitis B/C)

In addition, many secondary state sources are also reflected in this plan, including:

- ORS 339.351-364 (Harassment, Bullying, Cyber-bullying and Intimidation)
- OAR 581-022-1510 (Comprehensive Guidance and Counseling)
- SB 79 (CPR Instruction for grades 7-12)

Effective teaching and learning provides opportunities for each student to make sense and deepen their understanding of health, so they can identify, practice, and maintain health-enhancing behaviors. Content standards, adopted by the State Board of Education, include health concepts, accessing information, self-management, analyzing influences, interpersonal communication, goal setting, decision-making, and self-advocacy.

This is a living document and will be reviewed and updated at least annually to reflect current research and be consistent with State Board adopted Health Education Academic Content Standards as per Oregon Department of Education requirements

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South Umpqua School Board Policies Related to Substance Use Prevention

Drug, Alcohol and Tobacco Prevention, Health Education

Code: IGAEB

Adopted: 1/16/02 (**Revised/Readopted:**10/18/17)

Prohibited Use, Possession, Distribution or Sale of Tobacco Products and Inhalant Delivery Systems

Code: KGC/GBK/JFCG

Adopted: 4/16/08 (**Revised/Readopted:** 10/18/17)

Anabolic Steroids and Performance Enhancing Substances

Code: IGAEC

Adopted: 3/18/09 (**Revised/Readopted:** 10/18/17)

Medications

Code: JHCD/JHCDA

Adopted: 10/18/17 (**Revised/Readopted:** 6/5/22)

Multi-Tiered Systems of Support Framework

Multi-tiered Systems of Support (MTSS) is a framework that provides evidence-based support and interventions to students based on their level of need. This approach allows the district to identify students at increased risk for substance use and offer targeted interventions in addition to universal interventions intended for all students.

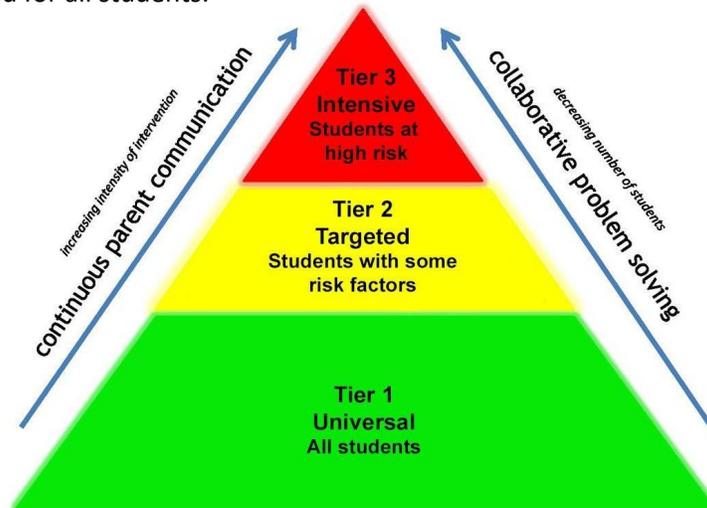


Image from <https://www.aak8.org/apps/pages/aa-sss-rti>

Tier 1 components involve universal prevention efforts that address all students. This includes K-12 curriculum, social-emotional education, district policies, staff training, and educational resources for families.

Tier 2 components include assessment and intervention for students at increased risk for substance use. Risk factors may include:

- Family history of substance use
- Favorable parental attitudes towards the behavior
- Poor parental monitoring
- Parental substance use
- Family rejection of sexual orientation or gender identity
- Association with substance using peers
- Lack of school connectedness
- Low academic achievement
- Childhood sexual abuse
- Mental health issues

Tier 2 interventions include mental health and counseling services, behavioral support services, peer groups, multidisciplinary support teams, and resources for families.

Tier 3 interventions target students who have been identified as using substances. These interventions are supportive of student recovery and school re-entry as opposed to disciplinary. Tier 3 interventions include cessation services, individualized behavioral support, and emergency response protocol.

Summary of Tiered Supports

CURRICULUM AND EDUCATION			
Intervention	Resources	Involved Parties	MTSS Tier(s)
K- 5 Instruction	Great Body Shop Too Good for Drugs ,	<ul style="list-style-type: none"> Classroom teachers 	Tier 1 - Universal
6-8 Instruction	Great Body Shop CATCH My Breath, Stanford Tobacco Prevention Toolkit , Smart Talk: Cannabis Prevention and Awareness	<ul style="list-style-type: none"> PE/Health teachers 	Tier 1 - Universal
9-12 Classroom Instruction	Great Body Shop	<ul style="list-style-type: none"> PE/Health teachers Classroom teachers Counselors 	Tier 1 - Universal
9-12	College Dual Credit Health Curriculum	<ul style="list-style-type: none"> Umpqua Community College Classroom teacher 	Tier-1 Universal - Optional
9-12	Operation Prom Night	<ul style="list-style-type: none"> Douglas County Sheriff's Department Local first responders 	Tier 1 - Universal
K-5 SEL	Second Step	<ul style="list-style-type: none"> Classroom Teachers 	Tier 1 – Universal Tier 2 - Targeted

6-12 SEL	Wayfinder	• Classroom Teachers	Tier 1 - Universal /Targeted
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		<ul style="list-style-type: none"> ● Counselor 	Tier 2 - Targeted
Alternative-to-Suspension / Cessation Programs	ADAPT	<ul style="list-style-type: none"> ● Behavior and Crisis Coordinator ● ADAPT Integrated Services 	Tier 3- Indicated
COMMUNICATION / CAMPAIGNS			
Intervention	Resources	Involved Parties	MTSS Level(s)
Flyers and posters	Stanford Tobacco Prevention Toolkit Song for Charlie Talk. They hear you.	<ul style="list-style-type: none"> ● Nurse ● Counselors ● Health teachers ● Administrators 	Tier 1 - Universal
Social Media	Song for Charlie Above the Influence Talk. They hear you.	<ul style="list-style-type: none"> ● Nurse ● Counselors ● Health teachers ● Administrators ● Social media managers 	Tier 1 - Universal
Parent communication (info nights, handouts, trainings)	Stanford Tobacco Prevention Toolkit CATCH Parent Toolkit Talk. They hear you. Fentanyl Parent Handout	<ul style="list-style-type: none"> ● Nurse ● Counselors ● Health teachers ● LPHA 	Tier 1 - Universal / Tier 2 - Targeted / Tier 3 - Indicated
District website	Stanford Tobacco Prevention Toolkit	<ul style="list-style-type: none"> ● Nurse ● District website manager 	Tier 1 - Universal / Tier 2 - Targeted /

	CATCH Parent Toolkit Parent Resource List Just Think Twice	<ul style="list-style-type: none"> ● Counselors ● Administrators 	Tier 3 - Indicated
MENTAL AND BEHAVIORAL HEALTH			
Intervention	Resources	Involved Parties	MTSS Level(s)
School Counselors		<ul style="list-style-type: none"> ● Counselors ● Administrators 	Tier 1 - Universal / Tier 2 - Targeted
Mental Health Therapists	Adapt Integrated Health Care	<ul style="list-style-type: none"> ● Adapt Therapists ● Behavior and Crisis Coordinator ● Administrators 	Tier 2 - Targeted/ Tier 3 - Indicated
Vape Cessation Classes	Adapt Integrated Health Care	<ul style="list-style-type: none"> ● Counselor ● Behavior and Crisis Coordinator ● Adapt Substance Abuse Counselor ● Administrators 	Tier 2 - Targeted/ Tier 3 - Indicated
Anonymous Reporting Systems	Safe Schools	<ul style="list-style-type: none"> ● Administrators ● Counselors 	Tier 1 - Universal / Tier 2 - Targeted / Tier 3 - Indicated
Substance Abuse Counselor	Adapt Integrated Health Care	<ul style="list-style-type: none"> ● Substance Abuse Counselor ● Behavior and Crisis Coordinator ● Administrators 	Tier 3 - Indicated

STAFF TRAINING			
Intervention	Resources	Involved Parties	MTSS Level(s)
Substance Use Training	Vector Training	<ul style="list-style-type: none"> • Classroom teachers • Coaches • Administrators • Classified Staff 	Tier 1 - Universal
Narcan Administration Training Designated Staff	Douglas ESD	<ul style="list-style-type: none"> • Nurse • Trained Responders 	Tier 3 - Indicated

POLICIES AND PROCEDURES			
Intervention	Resources	Involved Parties	MTSS Level(s)
District policy indicating consequences for using and/or selling illegal substances on school grounds.	KGC/GBK/JFCG	<ul style="list-style-type: none"> • Administrators • School Board 	Tier 1 - Universal
Vape sensors at Middle School and High School		<ul style="list-style-type: none"> • Administrators • Behavior support staff 	Tier 1 - Universal
Disciplinary protocol	See <i>Alcohol and Substance Use Protocol</i>	<ul style="list-style-type: none"> • Administrators 	Tier 3 - Indicated
Narcan administration & Emergency response	Naloxone Protocol	<ul style="list-style-type: none"> • Douglas ESD Nurse • Trained Responders 	Tier 3 - Indicated

Partnerships and Additional Resources

ADAPT Integrated Health

- Youth Addiction Services (541) 492-0172
- Rapid Access (541) 492-0222

Douglas Public Health Network

- Opioid Prevention <https://douglaspublichealthnetwork.org/programs/overdose-prevention>
- Tobacco Prevention and Education: <https://douglaspublichealthnetwork.org/programs/tobacco-prevention-education>

Recovery Resources

- Adapt Deer Creek Adolescent Treatment Center (541) 673-519
- Oregon Recovery Schools – www.oregonrecoveryschools.org

Tabacco Cessation Resources

- Smokefree Oregon: www.smokefreeoregon.com
- Oregon Tobacco Quit Line
 - English: 1-800-784-8669
 - Spanish: 1-855-338-356-92
- exProgram: www.exprogram.com
- Smokefree.gov: www.smokefree.gov
- American Cancer Society: <https://www.cancer.org/cancer/risk-prevention/tobacco/guide-quitte-smoking.html>

Opioid Education and Resources:

- Save Lives Oregon: www.savelivesoregon.org

Curriculum and Education

Substance use curriculum is consistent with requirements listed in [ORS 581-022-2045](#).

K-8 Education

Teachers provide age-appropriate lessons on these topics using *The Great Body Shop* curriculum from Children's Health Market (<https://www.thegreatbodyshop.net/>). Supplemental lesson materials may be incorporated from other programs. Guest speakers such as the nurse, school counselor, or community partners may assist with instruction as permitted by Oregon Department of Education and district policies.

9-12 Education

Teachers provide age-appropriate lessons on these topics using The Great Body Shop grades 9-12 . Supplemental lesson materials may be incorporated from other programs. Guest speakers such as nurses, school counselor, or community partners may assist with instruction as permitted by Oregon Department of Education and district policies. A dual credit class offered in partnership with Umpqua Community College is also offered. Annual instruction may be provided by district staff or guest speakers.

Communication and Campaigns

School-Wide Messaging

School-wide messaging campaigns may include school-wide distribution of age-appropriate posters and flyers that emphasize fact-based information. Messaging tactics will avoid shaming or fear-based approaches. School personnel and community partners may host school-based events, such as tables or assemblies, to share prevention-focused information with students.



Fig. 1) Sample campaign poster taken from the [Stanford Tobacco Prevention Toolkit](https://tobaccoventiontoolkit.stanford.edu)

Family & Community Messaging

The district will communicate with families regarding drug and alcohol-related classroom instruction, parent and student resources, and upcoming events using the established school communication methods. The school may collaborate with community partners to host family events focused on substance use prevention and treatment.

Mental and Behavioral Health

Social Emotional Learning

At the elementary level, each class has a half hour dedicated time for Social Emotional Learning. Elementary classroom teachers utilize Second Step as their social emotional learning curriculum in the general education classroom. Secondary teachers utilize Wayfinder curriculum in their advisory class.

School Counselors

The district maintains one full-time counselor in the high school building and at Coffenberry middle school. School counselors can provide behavioral support, assist with drug and alcohol instruction, and connect students with mental health resources.

Adapt Integrated Health Therapists

The district contracts ADAPT Integrated Health to provide two full-time mental health therapists to support students as well as a drug and alcohol counselor that provides services to all five schools. Counselors have a rotating schedule at each school. The Adapt drug and alcohol counselor serves students at the high school and facilitates small groups at the district office.

Small Groups

Small groups are led by ADAPT Integrated Health and/or school counselors to provide interventions for students identified as at risk for substance use or other mental and behavioral health concerns.

Student Reporting

The South Umpqua School District utilizes an anonymous reporting system for 6-8 students to report concerns of substance abuse or other mental/behavioral health issues. When the anonymous form is completed, a notification is sent to administrators and behavioral support staff who then follow-up on the concern.

Staff Training

All staff will receive annual drug and alcohol required training. Any other trainings will be determined on an as needed basis.

Policies and Procedures

Disciplinary Protocols

Discipline for possession, use, distribution or sale of tobacco, alcohol, drugs, or inhalant delivery systems will be consistent with School Board Policy KGC/GBK/JFCG and IGAEB. The following table and figure outlines guidelines that the school district may use when addressing substance use.

OFFENSE	PROGRESSIVE SEQUENCE OF CONSEQUENCES <i>Any level of consequences may be administered for any offense taking into consideration the age of and the past behavior of the student.</i>
<p>Alcohol and Other Drugs- <u>Possessing, buying, use of, or being under the influence</u> of alcoholic beverages, inhalants, including solvents and other dangerous substances; or any other drug as defined by, but not necessarily limited to, the Uniform Controlled Substance Act, ORS 475.005, including look-alikes being represented as being a controlled substance and/or misuse of prescription or non-prescription drugs.</p>	<ul style="list-style-type: none"> ● Confiscation of item(s) related to offense. ● Contact and conference with parent or guardian. ● Referral to law enforcement authority. ● District level Disciplinary Hearing ● Suspension, in or out of school, for up to 10 days. ● Reduced suspension and participation in an intervention program as determined by ADAPT Integrated Health and/or the School District.
<p>Alcohol and Other Drugs- <u>Selling, distributing, or possession with the intent to sell</u> alcoholic beverages, inhalants, including solvents and other dangerous substances; or any other drug as defined by, but not necessarily limited to, the Uniform Controlled Substance Act, ORS 475.005, including look-alikes being represented as being a controlled substance and/or misuse of prescription or non-prescription drugs.</p>	<ul style="list-style-type: none"> ● Confiscation of item(s) related to offense. ● Contact and conference with parent or guardian. ● Referral to law enforcement authority. ● District level Disciplinary Hearing ● Suspension, in or out of school, for up to 10 days. ● Continuing suspension and a recommendation for expulsion. ● Conditional expulsion with student participating in referral, screening and recommended interventions offered by ADAPT Integrated Health ● Possible recommendation for diversion as determined by ADAPT Integrated Health and/or the School District.
<p>Tobacco or Tobacco Products- <u>Smoking, possessing, selling, buying, transmitting, distributing, or otherwise using</u> tobacco or tobacco products and to those substances represented as being tobacco and tobacco products (such as e-cigarettes and their contents).</p>	<ul style="list-style-type: none"> ● Confiscation of item(s) related to offense. ● Contact and conference with parent or guardian. ● Referral to law enforcement authority. ● Suspension, in or out of school, for up to 5 days. ● District level Disciplinary Hearing ● Reduced suspension and participation in an intervention program as determined by ADAPT Integrated Health and/or the School District. ● Continuing suspension and a recommendation for expulsion.

Alcohol/Substance Use Referral Protocol

1. Identify student
 - a. Behavioral referral/ incident related to:
 - i. Use of alcohol or other illegal substance while attending school or while participating in district functions
 - ii. Possession of alcohol or other illegal substance while attending school or while participating in district functions
 - iii. Possession of drug paraphernalia while attending school or while participating in district functions
 - b. Student and/or guardian request
2. Follow district policies and protocols regarding Drug, Alcohol and Tobacco Prevention, Health Education (Code: **IGAEB**)
 - a. Enforce reasonable and proportionate school/district-based consequences
 - i. Considerations include but are not limited to: form, quantity, number of related offenses, number of unrelated offenses, nature of offense, potential distribution, prior consequences and outcomes, conduct, etc.
 - b. Contact law enforcement and/or other related emergency services
 1. School resource officer/deputy
 2. Probation officer (if student is currently receiving court ordered probation)
 3. ADAPT crisis (dual mental health crisis)
 4. Child welfare
 5. **911 (EMERGENCY)**
 - a. If staff, students, or any other involved parties are concerned for the immediate health and safety of the student in question
 - c. Site administrator or designee will complete a referral to ADAPT or other related agency (i.e. Douglas CARES, Evergreen, AVIVA, etc.)
 - i. District Behavior and Crisis Coordinator will be notified of the intended referral, during which time concerns and/or barriers may be communicated and addressed
 - ii. Parent/Guardian consent is required unless student is fourteen years or older, during which time the student can independently complete informed consent for outpatient services (OAR 309-019-0115)
 1. If necessary, a district site may be identified to receive outpatient support/treatment
 - d. Site administrator or designee may complete a referral for health-related academic courses (i.e. vape cessation, etc.)

Naloxone Administration

Designated staff will receive training in naloxone administration by the Douglas ESD school nurse. Naloxone maintenance, storage and administration will be conducted as outlined in the district Medication Policy JHCD/JHCDA

Vape Sensors

Coffeeberry Middle School: Vape sensors are located in the main boys and girls bathrooms. South Umpqua High School has sensors located in both boys and girls bathrooms. When sensors are triggered, an immediate notification is sent to designated staff members who investigate the incident per district protocol.

