

SUBSTANCE ABUSE WORKSHOPS

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History

TUSD had a drug and alcohol program from 1997-2010

- Federal funding through Comprehensive Health Education (CHE) Department, Title IV- Safe and Drug Free Schools and Communities
- Project FASST (Family and Student Support Team)
 - provided substance abuse prevention
 - early intervention services
 - middle and high school students
- Federal funding ended in 2010

Curriculum Development

Current Drug and Alcohol Workshop Curriculum:

- 4 TUSD Social Workers, who worked Project FASST from 1997-2010
- Materials from the Substance Abuse Training in September

Special Thanks To:

- Ray Castaneda, LCSW
- Cindy Garcia, LCSW
- Dana Limperis, LCSW
- Sharon Thwing, LCSW

Services Being Provided 2018/19 SY

Workshops for Level 4 Drug and Alcohol offenses:

- Per the Code of Conduct, in lieu of suspension days
- 3-session workshop for first offense
- 6-session workshop for second offense

Workshops provided by:

- 20 Licensed Clinical Social Workers
- 2 Licensed Professional Counselors

Qualifications of LCSWs and LPCs

- **Master's Degree** in Social Work or Counseling
- **2 years work** in a clinical setting with **100 hours** of clinical supervision
- **Clinical test** issued by the State of Arizona, Board of Behavioral Health Examiners
- **33 hours** of continuing education every two years to maintain their license

Process

1. Student violates the Student Code of Conduct by bringing drugs or alcohol to school campus or under the influence
2. School administrator meets with student and parents and offers a waiver of long term consequence for the first and second offense
3. Parent signs permission
4. Pre/post assessment for student
5. Attendance in the program

Substance Abuse Workshop Standards

Level 1, (3 – session workshop)

- Workshop 1: Your **Brain and Body**, students comprehend concepts related to health promotion and disease prevention, explain the relationship between positive health behaviors and health care
- Workshop 2: **Stages of Use**, students understand the stages of drugs and alcohol abuse and illustrate the harmful effects of substance abuse
- Workshop-3: **Coping Skills**, students demonstrate the ability to practice health-enhancing behaviors and reduce health risks

Workshop Routine

1. Icebreaker activity to build rapport
2. Group activity involving reflecting and writing about substance abuse
3. Process activity with LCSW regarding written work, compare it with information from the curriculum
4. Video-clips regarding drug and alcohol abuse that are age-appropriate and engaging for students
5. Closure – mindfulness exercise

Additional Information

Dr. Freitas and the Department of Assessment and Program Evaluation are working on:

- Pre-post test evaluation data
- Other ways to evaluate the data to determine efficacy

6-session workshop is under development

- Which will provide deeper level of support for students
- Planned start date is October/November

Handout

- Substance Abuse Workshop Curriculum
- Mindfulness menu of activities
- List of Video clips
- Pre/post test for students
- Parental consent form

Thank You